

SENIORS SERVICES 50+

# Seniors Services

Spring/Summer  
2024 Newsletter



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# Town of Oakville Recreation and Culture

## Oakville Seniors Services

### Trafalgar Park Older Adults Centre

133 Rebecca Street, Oakville, ON L6K 1J4  
905-338-4406

Monday to Friday, 8:30 a.m. to 4:30 p.m.

Stephanie Coughlin, Recreation Coordinator  
905-845-6601, ext. 4502  
stephanie.coughlin@oakville.ca

Daniela Vega Orozco, Assistant Programmer  
905-845-6601, ext. 4506  
daniela.vegaorozco@oakville.ca

### Sir John Colborne Recreation Centre for Seniors

1565 Old Lakeshore Road, Oakville, ON L6L 6N1  
905-815-5960

Monday to Friday, 8:30 a.m. to 4:30 p.m.  
Tuesday 4:30 p.m. to 9 p.m.

Julie Pennal, Program Supervisor Senior Services  
905-845-6601, ext. 3978  
julie.pennal@oakville.ca

Kelly Meeussen, Recreation Assistant  
905-845-6601, ext. 3977  
kelly.meeussen@oakville.ca

### River Oaks Mature Adults Club

2400 Sixth Line, Oakville, ON L6H 3M8  
Phone: 905-338-4186

Jacy Thibeault, Recreation Assistant  
905-845-6601, ext. 3562  
jacy.thibeault@oakville.ca

Bob Pawliw, Recreation Coordinator  
905-845-6601, ext. 3368  
bob.pawliw@oakville.ca

### Iroquois Ridge Older Adults Centre

1051 Glenashton Drive, Oakville, ON L6H 6Z4  
905-338-4255

Monday to Friday, 9 a.m. to 4 p.m.

Cassie Wilhelm, Assistant Programmer  
905-845-6601, ext. 3498  
cassandra.wilhelm@oakville.ca

Matt Psenicka, Recreation Coordinator  
matt.psenicka@oakville.ca  
905-845-6601, ext. 3728

### Queen Elizabeth Park Older Adults Centre

2302 Bridge Road, Oakville, ON L6L 2G6  
Phone: 905-815-5979, ext. 4673

Monday to Friday, 1 to 4 p.m.

Jolaine Montgomery, Assistant Programmer  
905-845-6601, ext. 4674  
jolaine.montgomery@oakville.ca

Nicola Taccone-Witczak, Recreation Coordinator  
nicola.taccone@oakville.ca  
905-845-6601 ext. 4609

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Cover photo courtesy of Carolina Castaneda Moncada



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Town of Oakville Seniors Centres

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# General Information



## From your Seniors Services Team

Hello, friends! Happy New Year to you and yours. We sincerely hope you had a healthy and enjoyable holiday season with those you treasure most. While winter is not a favourite season for many of our Seniors Services team and members, there are those of you who embrace the snow and all the winter activities. For those of you that love the cold, crisp air, the frosty snow hiking, skiing, sledding and snowmobiling, we applaud you. For those that are more bundle-up-and-find-indoor-things-to-do, we are excited to have a full calendar of programming to keep you active and engaged all winter-long as we anxiously await the warmer weather.

Julie was at a Conference in the fall of 2023 and she heard over and over a startling fact. Isolation and loneliness is equal to smoking 10 cigarettes a day. While a scary thought, our team is so proud of the many activities, programs and opportunities to exercise your mind and body, flex your social muscles by meeting new friends and trying out a new hobby. We continue to offer the telephone program called WOW – Without Walls offering Mediation Mondays, and Historical discussion or fitness on Wednesdays. This free program aims to include our most isolated community members but also those who just enjoy a social activity from the comfort of home. Call us, we would love to talk to you. For more information contact your local Senior Centre.

Many people use the New Year to set goals and make plans. Our team thought we would share our personal and professional goals with you to inspire and also to have you help us be accountable. Sharing your goals helps you to achieve them. Who will you be sharing your 2024 goals with?

Julie is looking forward to spending more time at each of the seniors centres to get to know members and the staff team better. She plans to

be more active in 2024, including walking on her lunch hour, strength training and getting back on her yoga mat. Kim wants to hike the Bruce Trail and is looking forward to hanging out with the Glen Abbey Community and team. Daniela is most looking forward to the special events that she gets to plan in 2024. Something she wants to do this year is to read 50 books! Nicola is excited to welcome Anita back to teaching fitness classes at QEPOAC and would like to expand her fitness routine to include more activities such as yoga, spin classes, and swimming. Matt is looking forward to the 2024 volunteer appreciation event and getting active by participating in more yoga classes. Cassie is most looking forward to the Oakville Public Library 50+ Guest Speaker Series at Iroquois Ridge Branch in 2024 and increasing her time spent on yoga and meditation.

Stephanie is most looking forward to coming back to the vibrant TPOAC in the new year to share holiday memories with members and volunteers! In the spirit of being active, Stephanie wants to take pickleball lessons. Kelly is looking forward to all the fun events planned for 2024, taking the time for fitness at the local community centres and hiking the conservation area close to home. Jolaine is looking forward to the events this year and would like to take more walks with her family.

Feeling inspired? We hope so! Join us at the centres to get your mind and body moving.

Happy 2024,

Julie, Kelly, Jolaine, Nicola, Stephanie, Daniela, Cassie, Matt, Kim and Jacy



## Seniors Services Membership Fees

Age	2023 Fee	2024 Fees
Age 50–79	\$44	TBD
Age 80–89	\$22	TBD
Age 90+	No charge	No charge

**Please note: non-residents will be charged the non-resident fee (an additional \$10 plus HST) on their Seniors Services membership. Membership is non-refundable. Membership fees will be adjusted in 2024. More details to follow.**

## Seniors Services Membership

A current Seniors Services membership is required to register in all Seniors Services (50+) programs and to attend drop-in activities, day trips and some special events. Membership is valid for one year from the date of purchase and fees are based on your actual age at time of renewal or purchase.

Please note that a Seniors Centre membership does NOT include Recreation and Culture drop in programs and the Fitness membership does NOT include Waterfit.

Should you have any questions about your Recreation and Culture account, please call 905-815-2000 to speak to a member of our team, Monday to Friday from 8:30 a.m. to 4:30 p.m. Inquiries can also be sent to recreation@oakville.ca.

## Why Do I Need A Current Membership?

Membership fees help offset some of the costs of running the centres such as heat, hydro, snow removal, repairs, equipment, program supplies and general maintenance of the centres. In the interest of fairness, everyone who participates in programs or events must have a valid membership. This way everyone contributes to the running of our centres.

There are no refunds for memberships.

## Benefits of Membership

Your town-wide Oakville Seniors Services membership card entitles you to:

- Register in Senior Services (50+) classes and participate in drop-in activities at five locations – Trafalgar Park Older Adults Centre, Sir John Colborne Centre, River Oaks Mature Adults Club, the Iroquois Ridge Older Adults Centre and Queen Elizabeth Park Older Adults Centre
- Participate in day trips
- Attend special events – parties, dances, guest speakers, movies
- Vote at the Annual General Meeting
- Hold office on a governing board
- Keep updated with the latest information on items such as local initiatives, health care, hospital direction, community support, social services
- Meet new friends and people in your community
- A copy of our Seniors Services newsletter available twice per year
- Have a direct link with local government through the Recreation and Culture department
- Discover a new hobby/skill/talent
- Become involved in meaningful volunteer work

## Spring/Summer Program Registration

**Registration for spring programs opens Wednesday, February 28 at 7 a.m.**

**Registration for summer programs opens Wednesday, June 5 at 7 a.m.**

A Seniors Services membership is required for all registered and drop-in seniors programs.

Online methods of payment include VISA, MasterCard and American Express or credit on account.

## Program Confirmation

You have successfully registered for a program or activity when you click the "Place My Order" button on the payment screen.

Registration confirmations will be sent by email. When checking out, you also have the option to view or print the registration confirmation. It is your responsibility to review and be aware of your program details (location, time, date etc.).

You can also review all transactions on your "My Info" page.

## Online Services

Videos on how to register for a program and more are available on oakville.ca. Town staff are also available to support residents by calling 905-815-2000.

You will need an email address to create your online account. We recommend using Google Chrome for the best customer experience when accessing recreation and culture programs and services online.

## Non-resident Registration

Non-resident program registration opens 14 days after Oakville resident registration begins. Non-residents can book drop-in programs up to six days in advance.

## Other Ways to Register

To avoid disappointment and for immediate confirmation of availability, use the online registration option. For registration assistance, phone 905-815-2000.

Don't forget you can now register online AFTER the program start date. But don't wait until the last minute as popular programs fill up fast and those with low enrollments prior to the start date are cancelled.

## Withdrawals and Refunds from Programs

### Withdrawal timing and refunds:

Requests made to the program instructor, emailed or left on voicemail will not be considered sufficient notice.

Material fees are non-refundable unless withdrawal is completed more than four days in advance of the workshop or program start date.

### Online, up to four days in advance of the course start date and time:

You can request a refund or withdraw via your online account without penalty.

### Three days prior to the course start date, up to the start time of the course:

All refund or withdrawal options are subject to an administrative fee of \$10 plus HST.

### In person/over the phone, up to four days, in advance of the course start date and time:

All refund or withdrawal options are subject to an administrative fee of \$10 plus HST.

Prior to the start time of the third date of the course

The amount refunded will be the full cost of the program, less any applicable administrative fees, and less the cost of any classes already held. Material fees are non-refundable.

Requests will be processed and prorated as of the date and time that official notification is received by the Recreation and Culture department and cannot be backdated.

### After the third class of the program:

We are unable to process withdrawal/refund requests after the start of the third class. Material fees are non-refundable.

### Refunds

Refunds are returned to the method of payment used in the original transaction.

Requests under \$20 where the original method of payment was cash, cheque or debit will remain on account for future use.

Material fees are non-refundable.

### Missed Classes

Participants are to attend all classes as scheduled for the program in which they are registered. Make-up classes or credits/refunds for missed classes are not available.

### Cancellations

The town reserves the right to cancel or alter any classes, times, costs or locations without notice as required due to low enrollment, change of policy, or availability of resources.

### Program Waitlists

In the event that a program is full, clients may be added to the waitlist. If space becomes available, the first person on the waitlist will be contacted and offered the space by email.

The client's response to accept and provide payment to confirm program enrollment is required within 48 hours, after which time, the offer will be cancelled and the next client on the waitlist will be contacted.

### The Rzone

**What is the Rzone?** The Rzone is a zero tolerance operating procedure that applies to all Town of Oakville recreation and cultural centres, facilities, parks and programs. The Rzone procedure enforces zero tolerance of violence, vandalism and inappropriate behaviour for participants and the general public.

**What does the Rzone mean?** The "R" in the Rzone logo stands for **Respect** and **Responsibility**. Respect for Yourself; Respect for Others; and Responsibility for all Your Actions. The logo will serve as a reminder to staff and the public that the operating procedure is in effect and applies to everyone: players, performers, audiences and visitors.

For more information, visit [oakville.ca](http://oakville.ca) or call 905-845-6601.

### Accessible Parking Reminder

Only those with valid accessible parking stickers, etc. can use the accessible parking spaces at the centres. Make sure your sign is clearly visible from the outside of your vehicle. *Please, only one vehicle per parking space.*





## Seniors Working Action Group (SWAG)

The Seniors Working Action Group (SWAG) supports the well-being of seniors in the Town of Oakville. SWAG meets virtually via Zoom, once per month under the authority of the Recreation and Culture Department, Town of Oakville. Their mandate is to:

- Represent seniors on Age-Friendly initiatives.
- Advocate for quality of life and dignity in the Oakville community.
- Provide seniors' information to the community through presentations and networking with other senior-focused groups.
- Support and review issues of interest and concern such as housing, health care, transportation, recreation and the environment.

Swag will be hosting a presentation on Wills and Power of Attorney in Canada on Tuesday, March 5 at 1 p.m. at the Colborne Centre. Upcoming presentation topics may include Medical Cannabis and Frauds and Scams with Artificial Intelligence (AI).

If there are any other presentations you would like SWAG to host, please send your requests to [darlco@sympatico.ca](mailto:darlco@sympatico.ca). For more information about SWAG or if you have any questions/concerns, please contact:

Darlene Cox (SWAG Chair) 905-466-6212 or  
Julie Pennal (Program Supervisor)  
905-845-6601, ext. 3978.

Any advertising placed in the Oakville Senior Services newsletter does not indicate endorsement or recommendation by the Town of Oakville Seniors Services for any products or services included in any issue.

## Seniors Centres Without Walls

WOW Without Walls telephone conference program continues at 10 a.m. on Monday and Wednesday. If you haven't joined one of our calls, we encourage you to try it out. The topics are interesting and we have some incredible speakers lined up for the next few months. If not for you, maybe you can help us to reach a senior in our community who might not know about our daily calls.

A separate calendar is available upon request or find all the details at <https://oakville.ca/parks-recreation-culture/programs-activities/seniors-services/>

To participate call 1-866-279-1594, then passcode 809666#.

Oakville Seniors Centre  
**WOW**  
Without Walls

Join us every Monday and  
Wednesday morning at 10 a.m.  
for our **FREE** interactive  
telephone program!

**1-866-279-1594**  
Passcode **809666#**

Questions? Call 905-845-6601, ext. 3979

 OAKVILLE

## Links2Wellbeing Social Prescribing for Older Adults

Senior Services and the Older Adults Centres' Association of Ontario (OACAO) have partnered to promote the Links2Wellbeing Social Prescribing for Older Adults initiative. Social prescribing is a pathway that promotes holistic health and well-being by integrating health and social care. It is a structured process in which family physicians and interprofessional health practitioners can prescribe a patient to a local senior centre.

We are continuing to promote the program and need your help. Would you be willing to take an information package to your doctor describing the program? If so, please call Jolaine Montgomery (QEPOAC Assistant Programmer) at 905-815-5979, ext. 4674.

## Oakville Transit-Seniors Ride Free!

Seniors (65 years and over) can ride Oakville Transit buses for free every day with a Presto card. Pick up your card at Town Hall or a local Shoppers Drugmart for \$6. For schedules and routes, visit [oakvilletransit.ca](http://oakvilletransit.ca). Take advantage of this wonderful service and explore Oakville!



## A Little Assistance Goes a Long Way

Everyone should enjoy the benefits that participation brings. The Recreation and Culture department would like to ensure that Oakville residents have the opportunity to access recreation and leisure services offered by the town. To help make this possible, financial assistance is available through the Recreation Connection program. Based on the total income of all family members in the household, if you qualify you will receive an amount that can be put towards memberships or programs. Visit [oakville.ca](http://oakville.ca) or your local community centre for more information.

## Policy Review Committee

The Policy Review Committee is made up of members from all five seniors centres. We meet six times a year and the minutes are posted on all centre bulletin boards. The committee sets the price of membership each year. We advocate for seniors in our community. If you have any questions or concerns, the committee is happy to address them at our meetings.

Lorna Van de Mosselaer, Chair

## Facebook

*Did you know that Oakville Seniors Services is on Facebook? Check us out at Town of Oakville Seniors Centres and "Like" us to stay up to date on all the happenings at the centres around town!*

## Centre Closures

**March 29 - Good Friday**

**April 1 - Easter Monday**

**May 20 - Victoria Day**

**July 1 - Canada Day**

**August 5 - Emancipation Day**

**September 2 - Labour Day**

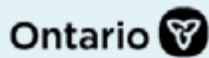
## Well Wishes

Cards of sympathy and get well cards for those members who are hospitalized are mailed from the centres. If you know of any card that should be sent, please let the volunteer know at the front desk.

## Scent

Many people have a strong reaction to perfumes and scents. Please be kind to your fellow members by being aware of this when getting ready for your activity at the centre and perhaps foregoing that spritz of perfume before you leave home! It will be appreciated.

Seniors Active Living Centre (SALC) programs are funded by the Province of Ontario.



## OACAO 50 for 50 Awards

The Older Adults Centres' Association of Ontario celebrated their 50th anniversary in October 2023 and several of our seniors and staff were recognized for their contributions to the field of Older Adults and their work in their communities and their centres. Congratulations to Bill Miller, Nancy Beddoe, Carmelita Spittal, Jolaine Montgomery, Julie Pennal and Ted Lambert. Well done, great work and thank you for your efforts to shine a spotlight on older adults centres, senior members and the Oakville community.



## Defibrillators

Town of Oakville facilities are equipped with portable defibrillators. All the units are wall-mounted. At the seniors centres, they are located near the front reception areas. The community recreation centres units are located on the walls in the lobby areas. Staff and volunteers receive ongoing training to ensure that their skills are kept current.

## OACAO

While at conference, Lorna Van de Mosselaer entered a draw by Arbor Memorial and won a tech package valued at \$700 for the Colborne Centre. The centre graciously accepted and has purchased a new Bluetooth projector.



Along with the gift for the centre, Arbor Memorial gifted a 50-inch TV for one lucky member. Member attendees of the Christmas socials at the centres were eligible for a ballot. The lucky member who won the big screen TV is Lesley Grace. Congratulations, Lesley. Enjoy that big screen experience from the comfort of your couch. Thank you, Arbor Memorial, for the generous gifts.

## Special Event Ticket Policy

We are so excited to have our special events selling out with waitlists! In order to be fair to our membership some special events will be exclusively for members only. Non-members are welcome to purchase a membership in order to attend. Please see the write up in the special event section or poster for details. If you are unsure, please ask your Seniors Services staff member.



## Free Tech Support

Did you know that the Colborne Centre offers complimentary tech support lessons on a one-on-one basis? Every Tuesday afternoon join one of our students who will spend 45 minutes with you assisting you with concerns or issues you may have with your phone, tablet or computer. Sign up is required. Members only and spaces are limited.





# In Memoriam

## July 2023

Jane McCarthy  
Phyllis Nicholson

## August 2023

Jeanne Chrzanowski  
Gwen Elford  
Beryl Jones  
Christopher Manning  
Kathy Petford  
Bonnie Randa  
Henry Stuart  
Christa Tuefel

## September 2023

Shirley Brown

## October 2023

Ron McDonald  
Stella Mary Vincent  
Nino Zaino

## November 2023

Amber Foulkes  
Joan Shannon  
Corrine Tungate

## December 2023

Harry Pittens

## January 2024

Eileen MacKay  
Nello (Ned) Mazza  
Chand Sodha



# Day Trips

To purchase a day trip ticket you must show your valid Seniors Services membership card. Please scan it when you arrive at the centre, you will be given a validation ticket. All day trips go on sale at 1 p.m. on the designated sale date and may be purchased at the front desk of the Colborne Centre or at the Trafalgar Park Community Centre after the initial sale date.

There are no advance reservations. You must purchase your ticket in person or have a friend purchase your ticket by scanning your membership card. A member may purchase two tickets only, one being for themselves and one other with valid membership proof. There are no exceptions.

Day trips are for members only and spaces go quickly. If you are unable to purchase the trip of your choice, please ensure your name is added to the waiting list.

### **ALL TICKET SALES ARE FINAL**

Refunds will only be issued if your place is filled by a member on the waitlist. Due to the overwhelming success of our trips, there is often a waitlist. If you are unable to attend a day trip, please check with one of the travel convenors before selling your ticket to a fellow centre member.

Note: if a trip does not meet the minimum number of participants it will be cancelled and a full refund will be issued. Please be aware that date, costs and itinerary are subject to change. Descriptions are posted on the travel boards at the centres. All day trips are subject to change depending on availability. All participants must be able to climb stairs and navigate curbs/steps independently.

Please contact Marilyn at 905-338-1165 or Lynda at 905-844-8445 directly if you have questions about the trip.

### **Day Trip Parking**

Please park in the lot at Trafalgar Park Community Centre or at the north end of the main Queen Elizabeth Park Community and Cultural Centre parking lot.

Q = Queen Elizabeth Park Older Adults Centre, 2303 Bridge Road

T= Seniors centre located in Trafalgar Park Community Centre, 133 Rebecca Street

### **Wednesday, May 15**

#### **Day in Niagara**

Cost: \$133. Tickets on sale March 18 to April 26

### **Tuesday, September 3**

#### **Port Dover Lakefront Show**

Cost: \$146. Tickets on sale June 3 to July 10

### **Wednesday, November 13**

#### **Walters Family Christmas**

Cost: \$147. Tickets on sale July 29 to September 25.

**Trip details will be posted at the seniors centres as more information is available from our tour company. Check the bulletin boards for details.**





# Registered Programs



- T** Trafalgar Park Community Centre
- IR** Iroquois Ridge Community Centre
- G** Glen Abbey Community Centre
- RO** River Oaks Community Centre
- C** Sir John Colborne Recreation Centre for Seniors
- Q** Queen Elizabeth Park Community and Cultural Centre
- O** Oakville Trafalgar Community Centre

Please note: The Town of Oakville reserves the right to adjust schedules and prices without notice. Customers impacted by cancellations will be automatically refunded. Visit [oakville.ca](http://oakville.ca) for the most up-to-date listing of Seniors Services programming currently offered.

### Acrylic Painting-Level 1 *Instructor: Mary Lyons*

Learn the basic tools and techniques of this colourful and fast drying medium. Drawing experience not essential. Personal supplies are required. The list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 28 - June 13	1:00pm - 3:00pm	\$168.96	12	<b>C</b>	67457



**Aquatic Bone and Joint Therapeutic Care** *Instructor: Julie Chandu-Lall*

The benefits of warm water movements are to reduce pain, swelling and inflammation and to help increase circulation. Learn movements to improve your balance, range of motion, posture and to help speed up recovery from injuries and surgeries. Designed for individuals with bone and joint degeneration with arthritis and for pre/post hip and knee surgeries and injuries.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	10:30am - 11:30am	\$100.21	12	IR	68896

**Body Tone** *Instructor: Diane Gidaro*

Work toward increasing bone density, muscle strength, endurance, core strength, joint flexibility and balance using elastics for resistance. Emphasizes correct exercise posture. Alternatives are always offered. Mat work required.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Apr 2 - June 18	9:00am - 10:00am	\$100.21	12	C	67332
Thu/Apr 4 - June 20	9:00am - 10:00am	\$100.21	12	C	67417
Tue/Jul 2 - Aug 27	9:00am - 10:00am	\$75.16	9	C	67647
Thu/Jul 4 - Aug 29	9:00am - 10:00am	\$75.16	9	C	67648



**Bridge: Basic 1 An Introduction** *Instructor: Bogdan Kurek*

Learn the basics of bridge bidding, including responding and playing the hand. Have fun in a comfortable environment. No experience necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - May 27	9:15am - 11:45am	\$97.63	8	C	67190
No class Apr 1, May 20					

**Bridge: Conventions** *Instructor: Bogdan Kurek*

Covers weak twos, slam bidding, the Blackwood and Gerber conventions, Stayman and Jacoby transfers. Prerequisite: Basics of Bidding or some bridge-playing experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - May 14	9:15am - 11:45am	\$97.63	8	C	67343

**Bridge: Double** *Instructor: Jackie Syer*

The concept of doubles will be taught, including the take-out double, balancing double, negative double and support double. Prerequisite: Bridge Play of the Hand and able to play at a moderate pace.

Day/Dates	Time	Fee	# of classes	Location	Code
Thur/Mar 28 - May 16	9:15am - 11:45am	\$97.63	8	C	67424

**Bridge: Mentored Duplicate** *Instructor: Jackie Syer*

Suitable for those familiar with duplicate bridge procedure and experienced players with a good knowledge of conventions. During this class you will play duplicate bridge at a moderate pace, and have the opportunity to ask questions and get advice during play.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Apr 3 - May 22	9:00am - 11:00am	\$78.11	8	Q	65036

**Bridge: Supervised Play** *Instructor: Bogdan Kurek*

This course provides the opportunity to review your knowledge and to practice playing with supervision. Tips on bidding, playing and defense will be reviewed with ample time for questions. Prerequisite: Knowledge of the basic conventions, defense and playing experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Jul 8 - Jul 29	9:15am - 11:45am	\$48.82	4	C	67596

**Bridge: What Every Player Should Know** *Instructor: Jackie Syer*

Covers how to avoid the most common mistakes as a declarer or defender. Learn about doubling, balancing, signaling and percentage plays. Prerequisite: bridge experience and familiarity with bridge terms and the new way of bidding.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Aug 1 - Aug 22	9:15am - 11:45am	\$48.82	4	C	67603

**Celtic Fiddling - Level 1** *Instructor: Jill Yokoyama*

Suitable for the absolute beginner. Learn the basics in a fun and relaxed atmosphere. Please bring your own fiddle.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/May 3 - Jun 21	8:30am - 9:30am	\$49.84	8	C	67458

**Celtic Fiddling - Level 2** *Instructor: Jill Yokoyama*

Play some of your favourite tunes from Scotland, Ireland and Cape Breton and continue your learning in a fun and relaxed atmosphere. Prerequisite: Celtic Fiddling–Level 1 and subject to instructor recommendation. Please bring your own fiddle.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/May 3 - June 21	9:45am - 10:45am	\$49.84	8	C	67459

**Circuit Training** *Instructor: Tracey Thiessen (RO), Ebi Gideon (Q)*

Circuit Training is a full body workout that will improve your overall fitness by performing strength and cardio, moving from one exercise to the next. Keep your body moving and your workouts fun and interesting by adding circuit training.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	12:00pm - 1:00pm	\$83.51	10	Q	66974
Thu/Mar 28 - Jun 13	12:00pm - 1:00pm	\$83.51	12	RO	69100
Mon/Jul 8 - Aug 26	12:00pm - 1:00pm	\$58.45	7	Q	72850

No class Apr 1, May 20, Aug 5

**Cycle & Stength 50 +** *Instructor: Carol Higa (RO), Anita Weisseneder (Q)*

Enjoy a variety of exercises to improve cardio, posture, balance and flexibility. Ideal for active people who want to incorporate cycling into their excersise program. We'll combine up to 30 minutes of indoor cycling with strength training using small equipment. You don't have to be a cyclist or weightlifter. Mat work is involved especially during stretching at the end. Please bring a towel, water bottle and wear rubber soled shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	11:30am - 12:30pm	\$100.21	12	RO	69095
Thu/Mar 28 - May 16	3:00pm - 4:00pm	\$66.81	8	Q	74232

**Dance Fit 50+** *Instructor: Traci Morgan*

Get your groove on in this fun cardio workout with easy-to-follow dance moves set to a variety of music genres such as swing, jive and other classics. This class will end with a slow gentle cool down stretch to leave your mind, body and soul feeling refreshed.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	12:00pm - 1:00pm	\$100.21	12	O	72752
Wed/Mar 27 - Jun 12	12:00pm - 1:00pm	\$100.21	12	G	68581

**Drawing Landscapes** *Instructor: Mary Lyons*

This workshop focuses on creating the illusion of depth through aerial and linear perspective. Working from photos, you will also explore tonal value, texture, line quality and composition to produce realistic landscapes. Suitable for all levels. Material fee up to \$5.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Apr 30	11:30am - 1:30pm	\$84.48	6	T	65859

**Drawing - Level 1** *Instructor: Mary Lyons*

Learn the fundamentals of drawing while exploring different media and techniques. It's time to lessen your fear and increase your enjoyment as you learn in a supportive environment. Suitable for beginners and experienced alike. Get inspired and develop your talent.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	9:00am - 11:00am	\$168.96	12	T	65852

**Fitness Plus** *Instructor: Ebi Gideon*

Already active? Try this full body workout with alternating weekly changes to the routine. Week 1 is interval training. Week 2 is circuit training and Week 3 is aerobics. These three class types will improve and tone your major muscle groups (some mat work). Cool down segment includes stretching and relaxation.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 28 - Jun 13	1:30pm - 2:30pm	\$100.21	12	Q	66968
Thu/Jul 4 - Aug 29	10:30am - 11:30am	\$75.16	9	Q	70638

**French - Level 1** *Instructor: Marguerite Broten*

A great introduction to the French language in a relaxed setting. Emphasizes communication for everyday situations. Expand your vocabulary and learn to conjugate verbs.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	9:00am - 10:30am	\$105.66	10	T	64470

No class Apr 1, May 20

**French - Level 2** *Instructor: Marguerite Broten*

Practice and improve your spoken French. Expand your vocabulary through basic conversations in a relaxed, informal setting. Some knowledge of conversational French is necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	10:45am - 12:15pm	\$105.66	10	T	64471

No class Apr 1, May 20

**French - Level 3** *Instructor: Marguerite Broten*

An opportunity to discuss various interesting subjects in French, including current affairs, history, community issues and more. New vocabulary and terms will enrich participants who are already competent in French. L'accent sera sur l'utilisation de la terminologie appropriée.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	12:30pm - 2:00pm	\$105.66	10	T	64472

No class Apr 1, May 20

**Fun with Brush Lettering** *Instructor: Mary Lyons*

Explore the artistry of handwriting techniques at a relaxed pace. With just a marker and paper, learn to create beautiful lettering for yourself and others. Develop your own unique style that can be used in an endless variety of fun and practical ways including addressing envelopes, frameable quote art, gift wrap and wedding/event stationary.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jul 2 - Aug 27	1:45pm - 3:45pm	\$112.64	8	T	67251

No class Aug 13

**Fun with Paint and Collage** *Instructor: Mary Lyons*

Have fun exploring various approaches to art and craft making by experimenting with acrylic and watercolour paints, pencils, pastels, ink, and paper collage. This program is suitable for all skill levels, allowing you to enjoy the creative possibilities while developing your design and composition skills.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/May 7 - Jun 11	11:30am - 1:30pm	\$84.48	6	T	68548

**General Conditioning For Men** *Instructor: Simon Van Wely*

Increase your flexibility, stamina, and muscular strength to prepare for activities such as skiing, hiking, curling, golf and gardening.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Apr 2 - June 18	4:30pm - 5:30pm	\$100.21	12	C	67369

**Gentle Osteo Fit** *Instructor: Leah Nicoletta (Mon & Fri), Lilly Archer (Wed)*

Tone your body with this invigorating fun-filled class. Accommodates those with varying degrees of arthritis/osteoporosis and other physical limitations. No mat work. Improve your flexibility, muscle strength and balance. Weights and Dyna-Bands are supplied. Please wear rubber sole shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	2:00pm - 3:00pm	\$83.51	10	IR	68650
Wed/Mar 27 - Jun 12	11:30am - 12:30pm	\$100.21	12	IR	68674
Fri/Mar 22 - Jun 14	9:30am - 10:30am	\$100.21	12	IR	68693
Mon/Jul 8 - Aug 26	2:00pm - 3:00pm	\$58.45	7	IR	70228
Wed/Jul 3 - Aug 28	11:30am - 12:30pm	\$75.16	9	IR	70236

No class Mar 29, Apr 1, May 20, Aug 5

**Guitar Lessons - Level 1** *Instructor: Dyanne Dumas*

Learn the basics of acoustic guitar playing. Guitar chords and easy strumming patterns will be covered. Participants must bring their own guitar. Material fee for instruction book is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Mar 22 - Jun 14	11:00am - 12:00pm	\$74.76	12	C	67460
No class Mar 29					

**Guitar Lessons - Level 2** *Instructor: Dyanne Dumas*

Learn to play songs in different keys with a variety of strumming patterns and basic finger picking techniques. Participants must bring their own guitar. Material fee for instruction booklet is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Mar 22 - June 14	12:15pm - 1:15pm	\$74.76	12	C	67461
No class Mar 29					





**Guitar Lessons - Level 3-Repertoire** *Instructor: Dyanne Dumas*

Learn various right hand finger-picking techniques, bar chords, how to read tablature and coordinate singing while playing guitar. Participants must bring their own guitar. Material fee for instruction booklet is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Mar 22- Jun 14	1:30pm - 2:30pm	\$74.76	12	C	67462
No class Mar 29					

**Hall Walking with Strength Training** *Instructor: Sue Borg*

Indoor fitness walking with strength training is a perfect combination for results. Enjoy 30 minutes of walking followed by 30 minutes of strength training. A good pair of running shoes is all you need.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Mar 26 - Jun 11	2:00pm - 3:00pm	\$100.21	12	T	65868

**History of Art and Music of the 18th Century** *Instructor: George Sanford*

Explore the music and fine art spanning the late Baroque to the early Romantic periods. Discover familiar composers and their beautiful pieces, each adorned with stories and images that celebrate the splendour of the 18th century.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jul 4 - Aug 29	9:30am - 11:30am	\$87.87	9	T	67257

**History of Jazz** *instructor: George Sanford*

Learn about the history that founded North American music. Explore music of the deep south, the blues, the crooner, the big band, and the smooth sax sounds of late-night dreaming through names like Davis, Goodman, Fitzgerald, Jobim, Armstrong and Buddy Guy. Come and hear talented artists while discovering the colourful, important and exciting history of jazz and blues.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Jul 4 - Aug 29	9:30am - 11:30am	\$87.87	9	C	67695

**History of Opera 50+** *Instructor: George Sanford*

Discover the fascinating world of opera, with its interesting stories, beautiful music, famous opera houses, diverse cultural influences, and impressive singing. Immerse yourself in this exciting journey as you explore opera from its origins to the present day.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 28 - Jun 13	9:30am - 11:30am	\$117.16	12	T	68411

**History of the 80's & 90's** *Instructor: George Sanford*

Explore the vibrant tapestry of the 80's and 90's. Immerse yourself in the nostalgia of iconic music, delectable foods, memorable fads, classic cars, and timeless fashion. Join us for a delightful exploration of the rich cultural landscape of bygone eras.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 28 - Jun 13	9:30am - 11:30am	\$117.16	12	C	67451

**Intro to Meditation & Mindfulness** *Instructor: Leah Nicoletta*

This course introduces meditation concepts such as visualization, body scans and gentle yoga movements. Long-term benefits include pain management, stress relief, and improved overall health. Chairs are available for those who prefer them. Bring your own mat if you don't want to use chairs.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Apr 5 - Apr 26	Noon - 1:00pm	\$33.40	4	IR	68901



**Line Dancing - Level 1** *Instructor: Karen Moniz (C), Mark Offer (IR)*

Discover basic dance steps and elements in this fabulous and fun line dance class. Get active and stay social while dancing to all musical genres including country, Latin, pop and more. No experience or partner is necessary.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	12:30pm - 1:30pm	\$100.21	12	IR	69628
Tue/Apr 2 - Jun 18	3:15pm - 4:15pm	\$100.21	12	C	67365
Tue/Jul 2 - Aug 27	12:30pm - 1:30pm	\$75.15	9	IR	70244
Tue/Jul 9 - Aug 20	3:15pm - 4:15pm	\$58.45	7	C	67693

**Line Dancing - Level 2** *Instructor: Karen Moniz*

Keep moving while you're grooving! We're adding new steps and techniques to your dance repertoire while keeping your basics feeling fresh. Previous line dance experience is recommended for optimal enjoyment.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Apr 8 - Jun 17	12:30pm - 1:30pm	\$83.51	10	C	67327
Mon/Apr 8 - Jun 10	9:30am - 10:30am	\$75.16	9	IR	69635
Mon/Jul 8 - Aug 19	12:30pm - 1:30pm	\$50.10	6	C	67691

No class May 20, Aug 5



**Low Intensity Fitness** *Instructor: June Lee (Mon, Tue, Thu, Fri), Tracey Thiessen (Tue at T)*

Improve strength, balance and flexibility in this low-impact workout suitable for all fitness levels. Get moving to up-tempo music with fun exercises that incorporate easy dance moves. Enjoy muscle-strengthening exercises (hand weights and bands supplied), followed by a relaxing cool-down for the mind, body and soul. Mat work is optional.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Apr 8 - Jun 17	11:00am - 12:00pm	\$83.51	10	C	67325
Tue/Mar 26 - Jun 11	9:00am - 10:00am	\$100.21	12	T	65863
Thu/Mar 28 - Jun 13	9:00am - 10:00am	\$100.21	12	T	65916
Fri/Apr 5 - Jun 21	12:30pm - 1:30pm	\$100.21	12	C	67464
Mon/Jul 8 - Aug 26	11:00am - 12:00pm	\$58.45	7	C	67462
Tue/Jul 2 - Aug 27	9:00am - 10:00 am	\$75.16	9	T	67246
Fri/Jul 5 - Aug 30	12:30pm - 1:30pm	\$75.16	9	C	67643

No class May 20, Aug 5

**Nia** *Instructor: Leslie McHugh (C), Tessie Ostonal (IR)*

Based on the principle of "the joy of movement," NIA (Neuromuscular Integrative Action) is a low-impact, high-energy, dance-like workout for the body, mind and spirit. Nia incorporates movements and philosophies from both eastern and western traditions of martial arts, dance arts and healing arts. Improve your cardio fitness, strength, muscle and joint flexibility and range of motion.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	12:15pm - 1:15pm	\$100.21	12	IR	68890
Fri/Apr 5 - Jun 21	11:15am - 12:15pm	\$100.21	12	C	67463
Fri/Jul 5 - Aug 30	11:15am - 12:15pm	\$71.60	9	C	67689

**NEW Nordic Walking–Therapeutic Care** *Instructor: Sue Borg*

This program is suitable for those looking for a low impact cardio and full-body workout that accommodates a slower pace. No previous experience needed! Our instructor will provide options and adaptations to suit every skill level. This program is held on the indoor track and includes a stretching component. Walking poles are provided.

Day/Dates	Time	Fee	# of classes	Location	Code
Tues/Mar 26 - Jun 11	Noon - 1:00pm	\$100.21	12	T	73941

**Outside In** *Instructor: Diane Gidaro (Tue/Fri), June Lee (Wed)*

Developed specifically for participants with osteoporosis, this program will help strengthen muscles and increase flexibility and postural awareness from the outside in.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Apr 2 - Jun 18	10:15am - 11:15am	\$100.21	12	C	67354
Wed/Apr 3 - Jun 19	11:00am - 12:00pm	\$100.21	12	C	67373
Fri/Apr 5 - Jun 21	1:45pm - 2:45pm	\$100.21	12	C	67465
Tue/Jul 2 - Aug 27	10:15am - 11:15am	\$75.16	9	C	67652
Wed/Jul 3 - Aug 28	11:00am - 12:00pm	\$75.16	9	C	67654
Fri/Jul 5 - Aug 30	1:45pm - 2:45pm	\$75.16	9	C	67656

**Parkinson's Program** *Instructor: Saelmy Schmidt*

If you have been diagnosed with Parkinson's or are experiencing Parkinson's symptoms, this class will help you maintain a good quality of life by improving strength, flexibility, posture and balance. Set in a group environment, sports, exercise, dancing and other lively activities help you deal with day-to-day challenges. We focus on fun and building camaraderie, using cooperation and laughter to motivate you to keep coming back for best results. Wear comfortable clothes and athletic footwear to class. If you require support you must bring your own support person in your social circle. Please note: your support worker does not need to be the same person each week.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 28 - Jun 13	10:30am - 11:30am	\$100.21	12	Q	65015

**Pen & Ink** *Instructor: Mary Lyons*

Pen and ink is a wonderfully expressive form of art communication. There is a long and strong tradition in fine art and illustration of the use of pen and ink for its dynamic look. Many ways to make exciting lines and tones and even washes will be explored. Demos and examples will be provided to inspire you.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Jul 2 - Aug 27	11:30am - 1:30pm	\$112.64	8	T	67250

No class Aug 13

**Pickleball - Advanced** *Instructor: Chris Lyn*

This program is for players who have taken Pickleball-Beginner and would like to get to the next level. This drill-based program covers serves, returns, volleys, lobs, net games, plus some advanced strategies and techniques. Ideal for players in Skill Levels 2.5 to 3.0. No game play or scrimmages at this time.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 28 - Apr 25	10:00am - 11:00am	\$29.04	5	Q	66987
Thu/May 2 - May 30	10:00am - 11:00am	\$29.04	5	Q	66988



**Pickleball - Beginner** *Instructor: Chris Lyn (Q,T), Dave Bertollo (IR)*

Have you ever wanted to play pickleball but didn't know how? Look no further as this program will allow you to familiarize yourself with the rules of pickleball and develop skills in a drill based program focused on preparing you to start playing games. No game play or scrimmages at this time.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Apr 29	12:30pm - 1:30pm	\$29.04	5	IR	69758
Mon/May 6 - Jun 10	12:30pm - 1:30pm	\$29.04	5	IR	69762
Thu/Mar 28 - Apr 25	11:15am - 12:15pm	\$29.04	5	Q	66992
Thu/Mar 28 - May 2	2:30pm - 3:30pm	\$34.85	6	T	65920
Thu/Mar 28 - May 2	3:30pm - 4:30pm	\$34.85	6	T	65922
Thu/May 2 - May 30	11:15am - 12:15pm	\$29.04	5	Q	66993
Thu/May 9 - Jun 13	2:30pm - 3:30pm	\$34.85	6	T	65921
Thu/May 9 - Jun 13	3:30pm - 4:30pm	\$34.85	6	T	65923

No class Apr 1, May 20

**Pickleball - Beginner Outdoors** *Instructor: TBD*

Have you ever wanted to play pickleball but didn't know how? Look no further as this program will allow you to familiarize yourself with the rules of pickleball and develop skills in a drill-based program focused on preparing you to start playing games.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Jul 5 - Jul 26	9:00am - 10:00am	\$23.23	4	William Rose Park	70216
Fri/Aug 2 - Aug 23	9:00am - 10:00am	\$23.23	4	William Rose Park	70219

**Pickleball - Intermediate** *Instructor: Dave Bertollo*

Take your game to the next level! This course is for intermediate players with play experience. Players should have game understanding, including scoring, paddle control, ball placement and serving and returning. Learn drills on dinking, improve your soft game and work on game strategy.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Apr 29	1:45pm - 2:45pm	\$29.04	5	IR	69765
Mon/May 6 - Jun 10	1:45pm - 2:45pm	\$29.04	5	IR	69767

No class Apr 1, May 20

**Pickleball - Intermediate Outdoor** *Instructor: TBA*

Take your game to the next level! This course is for intermediate players with play experience. Players should have game understanding, including scoring, paddle control, ball placement, serving and returning. Learn drills on dinking, improve your soft game and work on game strategy.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Jul 5 - Jul 26	10:00am - 11:00am	\$23.23	4	William Rose Park	70188
Fri/Aug 2 - Aug 23	10:00am - 11:00am	\$23.23	4	William Rose Park	70210

**Pilates for Seniors - Level 1** *Instructor: Hala Haffar*

Learn the fundamentals and principles of Pilates. Condition your body with stretching and strenghtening exercises, while establishing proper form. Improve your core strength and achieve toned muscles, improved posture, more flexibility and balance. Whether you use Pilates to strengthen yourself for gardening, golf, or just for everyday activities, your body will know and feel the transformation. Bring a towel to class for use in some of the exercises and wear clothing that allows for free range of motion.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	9:00am - 10:00am	\$94.58	10	Q	64957
Wed/Mar 27 - Jun 12	9:00am - 10:00am	\$113.50	12	T	65891
Wed/Mar 27 - Jun 12	10:00am - 11:00am	\$113.50	12	T	65893
Wed/Jul 3 - Aug 28	9:00am - 10:00am	\$85.12	9	T	67253
Wed/Jul 3 - Aug 28	10:00am - 11:00am	\$85.12	9	T	67254

No class Apr 1, May 20



**Pilates for Seniors - Level 2** *Instructor: Hala Haffar (Q) Bev Cahill (T)*

Strengthen, lengthen, and tone your body through Pilates. A great workout for men and women. Improve posture, balance, flexibility, and back and core strength using mind/body focus and awareness. Bring a towel to class for use in some of the exercises, and wear clothing that allows for free range of motion. Prerequisite: Pilates Level 1 or Pilates experience.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	10:15am - 11:15am	\$94.58	10	Q	64969
Wed/Mar 27 - Jun 12	10:00am - 11:00am	\$113.50	12	T	65897

No Class Apr 1

**Shifting Gears Fitness** *Instructor: June Lee, Diane Gidaro (Fri)*

This is a fitness program for people with joint soreness, balance issues, or diminished muscle tone. Shifting Gears incorporates Pilates and yoga-type exercises to strengthen all the major muscle groups, increase range of motion and develop core strength. Dyna-Bands® and light weights are provided. The majority of the workout is performed while seated with one quarter of the class being balance and coordination exercises done while standing.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	9:00am - 10:00am	\$83.51	10	T	64415
Wed/Mar 27 - Jun 12	9:00am - 10:00am	\$100.21	12	T	65889
Fri/Mar 22 - Jun 14	9:00am - 10:00am	\$100.21	12	T	65926
Mon/Jul 8 - Aug 26	9:00am - 10:00am	\$58.45	7	T	67241
Wed/Jul 3 - Aug 28	9:00am - 10:00am	\$75.16	9	T	67252
Fri/Jul 5 - Aug 30	9:00am - 10:00am	\$75.16	9	T	67261

No class Mar 29, Apr 1, May 20, Aug 5

**NEW Sit Fit 50+** *Instructor: Leah Nicoletta*

Perfect for individuals with limited mobility or difficulty standing for extended periods, this class follows a traditional fitness format. Warm-up and cardio exercises are done while seated, and the remaining activities incorporate weights, resistance bands, or balls. The session concludes with balance, core, and flexibility exercises. No prior exercise experience is required, and the use of walking aids is welcomed.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 27 - Jun 12	1:30pm - 2:30pm	\$100.21	12	<b>G</b> Room A	73940

**Spanish - Conversational** *Instructor: Sara Chapin*

If you can speak and understand Spanish, join us to develop your cultural awareness and conversational skills for a variety of situations.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Apr 9 - Jun 18	1:45pm - 3:15pm	\$116.16	11	<b>C</b>	67359

**Spanish for Travellers-Level 1** *Instructor: Sara Chapin*

Traveling to a Spanish-speaking country? Have fun learning the basic vocabulary and phrases you'll need to understand menus, transportation signs, etc.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Apr 4 - Jun 20	9:30am - 11:00am	\$126.72	12	<b>C</b>	67434

**Spanish for Travellers-Level 2** *Instructor: Sara Chapin*

Travelling to a Spanish-speaking country? Have fun expanding your basic vocabulary and phrases to increase your conversational abilities. Prerequisite: Spanish for Travellers-Level 1.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Apr 4 - Jun 20	11:15am - 12:45pm	\$126.72	12	<b>C</b>	67438



**Square Dancing** *Instructor: Bill Hands*

Join us for olde tyme square dancing in which a caller/instructor leads you through simple dances. No partner is necessary. Exercise while you are having fun. Beginners welcome. Wear comfortable clothing and shoes.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Mar 22 - May 10	1:00pm - 2:30pm	\$51.25	7	IR	69645
No class Mar 29					

**Tai Chi - 108 Movement Form - Level 1** *Instructor: Marilyn Chalmers*

The 108 movement form of this ancient exercise is a gentle, yet challenging program suitable for all. To learn the complete set requires several sessions, but the benefits begin immediately. At the Colborne Centre, the Fall session covers the 1st third, the Winter session the 2nd third and the Spring session the last third. Beginners are encouraged to join in the fall, but if you have previous experience you may join any of the sessions.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Apr 4 - Jun 20	10:30am - 11:30am	\$100.21	12	C	67445
Thu/Jul 4 - Aug 29	10:30am - 11:30am	\$75.16	9	C	67688

**Tai Chi - 108 Movement Form - Level 2** *Instructor: John Leard*

This vibrant, long-established class focuses on refining the 108 movement form set and related exercises. Students must know the complete set.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Apr 3 - Jun 19	3:00pm - 4:00pm	\$100.21	12	C	67395
Wed/Jul 3 - Aug 28	3:00pm - 4:00pm	\$58.45	7	C	67686
No class Aug 7, 14					

**Tai Chi - Gentle** *Instructor: Marilyn Chalmers*

Experience our modified low impact Tai Chi exercises, focusing on balance, mindfulness, and relaxation. Chairs will be available as props or main posture making it accessible and enjoyable for all fitness levels.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	10:15am - 11:15am	\$83.51	10	IR	68885

No class Apr 1, May 20

**Tai Chi - Yang Style 24 - Level 1** *Instructor: John Leard*

Take part in this ancient Chinese exercise that involves learning a sequence of slow, flowing movements that promote relaxation and improve concentration, balance and coordination. This simplified 24 movement form is a condensed version of the popular Yang Style sequences.

Note: summer class is held outdoors.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	10:15am - 11:15am	\$83.51	10	T	64464
Mon/Jul 8 - Aug 26	10:15am - 11:15am	\$50.10	6	T	67243

No class Apr 1, May 20, Aug 5, Aug 12

**Tai Chi - Yang Style 24 - Level 2** *Instructor: John Leard*

This class is for those who have previous experience with the simplified Yang Style 24 form. We'll review and refine the 24 movements. Note: Summer class is held outdoors.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	11:15am - 12:15pm	\$83.51	10	T	64466
Mon/Jul 8 - Aug 26	11:15am - 12:15pm	\$50.10	6	T	67245

No class Apr 1, May 20, Aug 5, Aug 12

**Tap Dancing** *Instructor: Sarah Van Duyvenvoorde*

Shuffle on over. Great fun and good exercise, tap dancing keeps you on your toes. Open to anyone with a solid understanding of tap technique and terminology.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - May 13	9:30am - 10:30am	\$58.45	7	Q	64949
No class Apr 1					

**Tap Dancing - Happy Tappers** *Instructor: Heidi Knapp*

Shuffles, time steps and Suzie Qs! This class is for experienced tap dancers who are keen to learn choreography and perform with style! Prerequisite: Tap Dancing Monday Session. Please call 905-815-5979, ext. 4674 if you have any questions regarding this class.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 27 - May 22	9:30am - 10:30am	\$75.16	9	Q	64942

**Total Body Conditioning** *Instructor: Ebi Gideon*

Focus on strengthening muscles and improving endurance, flexibility and balance, using a variety of equipment.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	11:30am - 12:30pm	\$100.21	12	Q	66963
Tue/Jul 2 - Aug 27	11:30am - 12:30pm	\$75.16	9	Q	70642

**Walk & Stretch 50+** *Instructor: Traci Morgan*

Great way to get in shape and feed your body and brain with a brisk walk & stretch. You'll be moving to the speed of a light walk!

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 27 - Jun 12	Noon - 1:00pm	\$100.21	12	G Room C	68582

**Watercolour Painting - Level 1** *Instructor: Frances Tyrrell (C), Bernice McCutcheon (IR)*

This beginner course will teach the basic tools and techniques of this colourful and rewarding medium. Drawing experience not essential. Instructor may suggest an alternate level based on experience. Personal supplies are required. Supplies list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Apr 8 - May 13	10:00am - 12:00pm	\$84.48	6	IR	68994
Fri/Mar 22 - Jun 14	11:00am - 1:00pm	\$168.96	12	C	67466
Fri/Jul 5 - Aug 30	11:00am - 1:00pm	\$126.72	9	C	67700

No class Mar 29

**Watercolour Painting - Level 2** *Instructor: Frances Tyrrell*

We will recap the basic principles of watercolour painting and explore more advanced techniques. Study floral, still life, landscape and portraiture with an eye to composition, creating depth of field in a painting and resolving difficulties that may arise. Personal supplies are required. Supplies list available at the centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 28 - Jun 13	9:00am - 11:00am	\$168.96	12	T	65918
Thu/Mar 28 - Jun 13	11:15am - 1:15pm	\$168.96	12	T	65919
Thu/Jul 4 - Aug 29	9:00am - 11:00am	\$126.72	9	T	67258
Thu/Jul 4 - August 29	11:15am - 1:15pm	\$126.72	9	T	67259

**Watercolour Painting - Landscapes** *Instructor: Frances Tyrrell*

Learn how to use watercolours, how to paint landscapes and how to bring components together into finished paintings. We will demonstrate and teach a range of watercolour techniques. Suitable for beginner and intermediate painters. Personal supplies are required. Supplies list is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	9:30am - 11:30am	\$168.96	12	C	67350
Tue/Jul 2 - Aug 27	9:30am - 11:30am	\$126.72	9	C	67698

**Watercolours: Skill Development** *Instructor: Frances Tyrell*

Take your watercolour painting to the next level. This class is for students who have taken the beginner level or have some watercolour painting experience and would like to expand and enhance their skills. Personal supplies are required. List is available at the Colborne Centre.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Mar 27 - Jun 12	12:30pm - 2:30pm	\$168.96	12	C	67403
Wed/Jul 3 - Aug 28	12:30pm - 2:30pm	\$126.72	9	C	67699

**Wood Carving** *Instructor: Don Hellam*

Take this hands-on class to get familiar with the tools, techniques and methods of wood carving. Suitable for beginners or more advanced carvers, with individual support and instruction for your current carving project. Some basic tools are available for beginners, but you are encouraged to bring your own toolkit. Wood kit available for purchase from instructor at first class.

Day/Dates	Time	Fee	# of classes	Location	Code
Thu/Mar 28 - Jun 13	9:30am - 11:30am	\$168.96	12	C	67455
Thu/Jul 4 - Aug 29	9:30am - 11:30am	\$126.72	9	C	67696

**Yoga - Chair Yoga** *Instructor: Christine Lightfoot Mon, Wed, Fri (T), Ming Manketlow (Fri) RO, Jessie Sall (G)*

This gentle yoga class allows you to enjoy the benefits of yoga using seated and standing poses. Supportive props are used along with individual modifications. The focus is working with our body to improve flexibility, increase muscle tone, strength and enhance balance. Breathing and relaxation techniques will also be incorporated into the class. The practice of yoga not only reduces stress, but reconnects you to your breath and body. Please wear comfortable clothing and bring a yoga mat.

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 3	11:15am - 12:15pm	\$75.16	9	T	64462
Thu/Mar 28 - June 13	10:45am - 11:45am	\$100.21	12	G Room A	73117
Fri/Mar 22 - Jun 7	11:45am - 12:45pm	\$91.86	11	T	65929
Fri/Mar 22 - Jun 14	9:30am - 10:30am	\$100.21	12	RO Room D	69093
Wed/Jul 3 - Aug 28	2:15pm - 3:15pm	\$75.16	9	T	67256

No class Mar 29, Apr 1, May 20

**Yoga Fusion** *Instructor: Carol Smith*

A fun blend of yoga postures and Pilates concepts to strengthen the core, enhance joint mobility, reduce stiffness and improve posture. Includes breathing and meditation techniques to calm the mind and improve sleep. Class requires mat work. Please bring a yoga mat and a towel/thin blanket.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Apr 17 - Jun 12	10:15am - 11:15am	\$75.16	9	IR	68900

**Yoga Gentle** *Instructor: Kristeen Sopeju*

This class is recommended for those new to yoga, those developing their practice at a relaxed pace or those with physical conditions that require a gentle approach. Mat work is required. Bring a yoga mat, strap and block.

Day/Dates	Time	Fee	# of classes	Location	Code
Wed/Apr 3 - Jun 19	12:30pm - 1:30pm	\$100.21	12	C	67391
Fri/Mar 22 - Jun 14	9:30am - 10:30am	\$100.21	12	Q	66972
Wed/Jul 3 - Aug 28	12:30pm - 1:30pm	\$66.51	9	C	67681

No class Mar 29

**Yoga Level 1** *Instructor: Christine Lightfoot (T), Leah Nicoletta (IR), Kristeen Sopeju (C),(Q), Jessie Sall (G)*

This beginner class will introduce yoga poses which require coordination of body, mind and breathing technique. Participants should expect positional changes from floor to standing, followed by a relaxing cool down. Please bring your own equipment (i.e. yoga mat, blocks, straps).

Day/Dates	Time	Fee	# of classes	Location	Code
Mon/Mar 25 - Jun 10	10:00am - 11:00am	\$83.51	10	T	64453
Mon/Mar 25 - Jun 10	11:15am - 12:15pm	\$83.51	10	G Room A	73098
Mon/Mar 25 - Jun 10	12:55pm - 1:55pm	\$83.51	10	IR	68698
Tue/Mar 26 - Jun 11	11:15am - 12:15pm	\$100.21	12	Q	70604
Wed/Mar 27 - Jun 12	1:00pm - 2:00pm	\$100.21	12	T	65899
Wed/Apr 3 - Jun 19	1:45pm - 2:45pm	\$100.21	12	C	67392
Fri/Mar 22 - Jun 14	1:00pm - 2:00pm	\$100.21	12	T	65931
Mon/Jul 8 - Aug 26	1:00pm - 2:00pm	\$58.45	7	IR	70222
Wed/Jul 3 - Aug 28	1:00pm - 2:00pm	\$75.16	9	T	67255
Wed/Jul 3 - Aug 28	1:45pm - 2:45pm	\$75.16	9	C	67682

No class Mar 29, Apr 1, May 20, Aug 5



**Yoga Level 2** *Instructor: Leah Nicoletta*

This class is appropriate for those with an understanding of basic yoga postures who are physically ready to explore more challenging poses. Please bring a yoga mat, strap and block to class.

Day/Dates	Time	Fee	# of classes	Location	Code
Fri/Mar 22 - Jun 14	10:45am - 11:45am	\$100.21	12	IR	68874

No class Mar 29

**NEW Zumba® Chair** *Instructor: Miriam Reyes Castillo*

This Latin-inspired class incorporates a chair for sitting or balancing, offering a safe and effective total body workout that nourishes your mind, body, and soul. If you like to dance, you'll love Zumba Chair.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	9:30am - 10:30am	\$100.21	12	T	65928

No class Mar 29

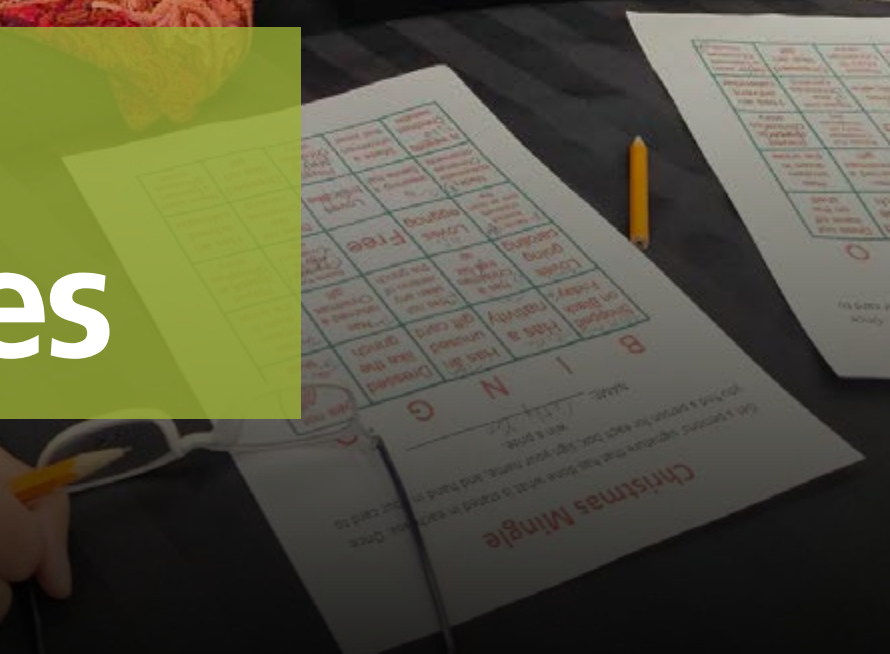
**Zumba® Gold** *Instructor: Tracey Thiessen*

Join us for a low-intensity dance fitness class. This fun, Latin-inspired class has a party-like atmosphere and includes merengue, salsa, mambo, belly dance, tango and more. A safe, easy, and effective total body workout that's good for your mind, body and soul. If you like to dance, you'll love Zumba® Gold.

Day/Dates	Time	Fee	# of classes	Location	Code
Tue/Mar 26 - Jun 11	10:15am - 11:15am	\$100.21	12	T	65865
Thu/Mar 28 - Jun 13	10:15am - 11:15am	\$100.21	12	T	65917



# Drop-in Activities



**T** Trafalgar Park Community Centre

**IR** Iroquois Ridge Community Centre

**RO** River Oaks Community Centre

**C** Sir John Colborne Recreation Centre for Seniors

**Q** Queen Elizabeth Park Community and Cultural Centre

Please visit [active.oakville.ca](http://active.oakville.ca) for the most up-to-date drop-in program information.

Given the popularity of our programs, pre-registration is recommended to avoid disappointment, but we do welcome in-person drop-ins (except pickleball) if spaces are available. Participants can register for drop-in programs seven days in advance. Non-residents can register six days in advance.

Note: For pickleball there is a 15-minute grace period for late arrivals. Spaces will be offered to those waiting 15 minutes after the program start time. Walk-ins welcome as space permits.

### Acrylic Painting Club *Convenor: David Mayhew*

Bring your supplies and enjoy a morning of painting.

Day/Dates	Time	Fee	Location
Monday	9:00am - 11:30am	\$1	<b>C</b> Room A/B

Cancelled April 1, May 20, July 1, August 5

### Badminton *Convenors: Margaret Larson (C), Ljubo Lovric (Q), Nang Tran (T)*

Proper footwear is required to participate. Protective eye guards are strongly recommended.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	\$1	<b>Q</b> Double Gym
Tuesday - Spring	2:30pm - 4:30pm	\$1	<b>T</b> Gym
Thursday - Summer	10:30am - 12:30pm	\$1	<b>T</b> Gym
Thursday	1:00pm - 3:00pm	\$1	<b>Q</b> Double Gym
Friday	9:00am - 11:00am	\$1	<b>C</b> Auditorium

Cancelled March 15, 22, 29 (C), Apr 1, May 20 (Q) \*Summer hours change at QEPCCC.

### Board Games *Convenors: Bi Bi Naidu*

Beginners welcome. Variety of games will be provided. Ends June 18

Day/Dates	Time	Fee	Location
Tuesday	5:30pm - 7:00pm	\$1	<b>IR</b> IROAC

**Bid Euchre Drop-In** *Convenors: Marie and Nick Townsley (IR), Lynne Mader (C) Cathy Ward (T)*

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$1	T MP2
Tuesday*	7:00pm - 9:00pm	\$1	C Lounge
Wednesday	1:00pm - 4:00pm	\$1	IR IROAC

\*Must have bid euchre skills to play at C. All levels welcome at T and IR

Cancelled March 12, April 1, May 20, July 1, August 5 (T), July 23, August 27 (C)

**Book Club** *Convenors: Carolyn Rumble and Wendy McLaughlin*

Register at TPOAC. Book club is held the second Thursday of each month

- Feb 8**                      *The Sleeping Car Porter* by Suzette Mayr
- March 14**                *French Braid* by Anne Tyler
- April 11**                 *The Woman Before Wallis* by Bryn Turnbull
- May 9**                     *The Reading List* by Sara Nisha Adams
- June 13**                 *The Thursday Murder Club* by Richard Osman

Day/Dates	Time	Fee	Location
Second Thursday	1:30pm - 3:00pm	\$1/session	T Multipurpose 1

**Book Club** *Convenors: Sharon Wiese and Denise Hynes*

Everyone is welcome to join this drop-in program at QEPOAC. Please have the book read prior to the session so that you are able to take part in the discussion.

- Feb 29**                    *The Lost Man* by Jane Harper
- March 28**                *Scarborough* by Catherine Hernandez
- April 25**                 *The Violin Conspiracy* by Brenda Slocumb
- May 30**                 *The Silent Patient* by Alex Michaelides
- June 27**                 *The Guncle* by Steven Rowley

Day/Dates	Time	Fee	Location
Last Thursday/month	10:00am - 11:30am	\$1/session	Q QEPOAC

**Book Club** *Convenor: Anita Roth*

Pre-registration required at IROAC, space is limited. The Book Club is run on a cooperative basis with individual members leading discussions. Everyone will need to commit to leading one discussion group.

- Mar 20**                    *The Winners by Fredrick Backman*
- Apr 17**                    *Bloomsbury Girls by Natalie Jenner*
- May 15**                    *Five Wives by Joan Thomas*
- June 19**                    *Looking for Jane by Heather Marshall*

Day/Dates	Time	Fee	Location
Third Wednesday	2:00pm - 3:30pm	\$1/session	IR Eastridge Room

**Book Club -** *Convenor: Susan Carey*

Please have the book read prior to the session. Pre-registration required, space is limited.

- Feb 29**                    *Whispers of War by Julia Kelly*
- March 28**                    *Come From Away by Genevieve Graham*
- April 25**                    *Winter at Bletchley Park by Molly Green*

Day/Dates	Time	Fee	Location
Last Thursday	1:00pm - 3:00pm	\$1/session	C




**Bridge Drop-In** *Convenors: TBD (IR), Larry Snow (C)*

Must have basic bridge skills to play. Not suitable for beginners. Colborne Centre: Warm up games noon-12:30 p.m. Official Start is 12:30 p.m. IR Summer location: IROAC

Day/Dates	Time	Fee	Location
Monday	12:30pm - 3:30pm	\$1	 Library Program Rm
Thursday	12:30pm - 3:00pm	\$1	 Auditorium


**Bridge Duplicate** *Director: Jackie Syer*

You will need a partner to play. When you arrive to play, in addition to the \$1 registration fee, you will be required to pay \$2 directly to the director.

Day/Dates	Time	Fee	Location
1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Tuesday	6:30pm - 9:00pm	\$1	 Auditorium

**Canasta** *Convenors: Lynne Mader*

Must have the basic skills to play, not suitable for beginners.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$1	 Lounge


Cancelled April 1, May 20, July 1, August 5

**Carpet Bowling** *Convenors: David and Sheena Prentice*

Day/Dates	Time	Fee	Location
Monday - Spring	1:00pm - 3:00pm	\$1	 Gym
Wednesday	9:00am - 10:45am	\$1	 Auditorium
Monday - Summer	10:30am - 12:30pm	\$1	 Gym

Cancelled Mar 13, 20, 27 (C), April 1, May 20, July 1, August 5 (C&T)

**Chess Club** *Convenors: Tony Tommasone*

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$1	 Lounge

Cancelled April 1, May 20, July 1, August 5

# Christmas celebrations, bazaars and merry memories!



# Seniors Working Action Group Housing Symposium at Colborne!



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**\* Price includes:**

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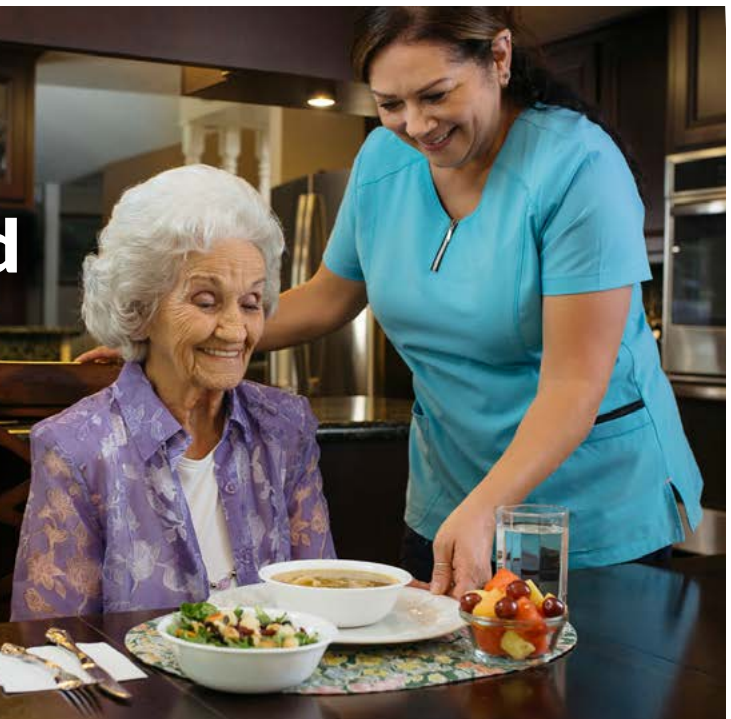
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# Ready to explore senior living?

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**Crafts** *Convenors: Bea Beesley and Lynda Juneau*

We are busy making crafts for the Christmas bazaar all year-round. If anyone has any new ideas to share and would like to help, please join us!

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	No charge	 Room A/B
Cancelled April 1, May 20, July 1, August 5			

**Crafts- Find it and Finish it Arts & Crafts** *Convenors: Selma Rasmussen (IR), Lina Koehler and Kim Wright (T)*

Come and learn to knit or crochet. Individual projects are welcome. Enjoy a relaxing morning with other crafters! If you are making items for the bazaar there is no charge, otherwise \$1 fee applies.

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 12:00pm	No charge/\$1	 IROAC
Wednesday - Spring	12:30pm - 2:30pm	No charge/\$1	 Multipurpose 3
Wednesday - Summer	12:30pm - 2:30pm	No charge/\$1	 Multipurpose 2

**Current Affairs Discussion Group** *Convenors: Gail Lavecchia (T) and Joyce Noronha (IR)*

A stimulating exchange of views on such topics as social and cultural issues, national and international events, health topics, personal foibles and misdeeds of others as they are reflected in the current headlines. Come out to participate in the discussions or listen to what others have to say about the topic of the moment. IR: No session in August.

Day/Dates	Time	Fee	Location
Wednesday	10:30am - 12:00pm	\$1	 Multipurpose 2
2nd & 4th Wednesday	10:30am - 12:00pm	\$1	 IROAC


**Different Strokes Decorative Art Club** *Convenor: Irene Makarewicz*

Bring your folk/art decorative painting.

Day/Dates	Time	Fee	Location
Wednesday	9:30am - 11:30am	\$1	 Room A & B

**Drop-In Jam Session** *Convenors: Dan Mariani and Valerie Bhargava*

Bring your electric instrument, amplifier and mic to join a ROCKIN' jam session featuring the music of your memories.


Day/Dates	Time	Fee	Location
Tuesday	9:30am - 11:30am	\$1	 Music Room 1

**DVD Lecture Series**

**Epic Engineering Failures and the Lessons they Teach:** *Convenors: Carol Attlesey,*


*Maureen Coleman and Maria Braun*

When a structure fails, the fallout can be frightening, disruptive, and even deadly. And yet, these disasters also teach us valuable lessons about the possibilities of engineering-and how to make our future projects safer. Course runs January 4 - March 28.

Day/Dates	Time	Fee	Location
Thursday	2:30pm - 4:00pm	\$1	 IROAC


**Great Tours of Greece and Turkey:** *Marlene Bristol*

The shimmering turquoise waters and lost worlds of the Aegean await you. Grab your travel hat and join us for a unique cultural journey to the dramatic landscapes of Greece and Turkey – to dazzling ancient cities, majestic empires, and magical treasures of history. Course runs Mar 27 - May 22.

Day/Dates	Time	Fee	Location
Wednesday	1:30pm - 3:00pm	\$1	 Multipurpose 1

**The Celtic World** *Convenors: Carol Attlesey and Maureen Coleman*


When you hear the word "Celtic," which images come to mind? Braveheart, kilts, leprechauns, and St. Patrick's Day? Since the surge of interest and pride in Celtic identity much of what we thought we knew about the Celts has been radically transformed. From the warriors who nearly defeated Julius Caesar to Irish saints who took on the traits of Celtic deities. Course runs April 4 to June 20.

Day/Dates	Time	Fee	Location
Thursday	2:30pm - 4:00pm	\$1	 IROAC

### **In the Footsteps of Vincent van Gogh** *Convenors: Carol Attlesey, Maureen Coleman and Maria Braun*


What was the secret of Vincent van Gogh's amazing output—over 800 paintings, created in less than a decade? How did he arrive at such a deeply individual and expressive style of art?

Course runs June 27 to August 15

Day/Dates	Time	Fee	Location
Thursday	2:30pm - 4:00pm	\$1	 IROAC


### **Great Tours: The Middle Ages around the World** *Convenors: Heather Denison*

The Middle Ages cover the 1,000-year period from the fall of the Roman Empire (roughly 400 CE) to the beginning of the Renaissance (1400 CE). Contrary to its earlier designation as the "Dark Ages," the Middle Ages was a time of profound historical shifts and transformations, that in many ways would shape the modern world. Come and discover this extraordinary period that is rich with discoveries, innovations, events, and historical processes that are integral to the world we know now. Course runs Feb 20 - May 7.

Day/Dates	Time	Fee	Location
Tuesday	10:00am - 11:30am	\$1	 QEPOAC

### **Understanding the World's Greatest Structures** *Convenor: Marlene Bristol*

Your world is filled with structures that have stood the test of time. That give character to the cities and landscapes in which they're located. That are visited by millions of people each year. And that capture our wonder for the marvels of engineering innovation and progress. But while structures such as the Giza pyramids, Brunelleschi's dome and the Brooklyn Bridge are visual spectacles in and of themselves, they are just as important for the way they were designed as for the way they look. Course runs: May 29 - Jul 24.

Day/Dates	Time	Fee	Location
Wednesday	1:30pm - 3:00pm	\$1	 Multipurpose 1

**Euchre Drop-In** *Convenors: Michael Sigal (IR) Lynne Mader (C)*

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 4:00pm	\$1	<b>IR</b> IROAC
Thursday *	1:00pm - 4:00pm	\$1	<b>C</b> Lounge
Friday	1:00pm - 4:00pm	\$1	<b>RO</b> Room D

\*C - Must have playing experience.

**Fiddlers Drop-In** *Convenor: Brenda Hurlburt*

Day/Dates	Time	Fee	Location
Thursday	2:00pm - 4:00pm	\$1	<b>T</b> Multipurpose 3

**Friendship Luncheon** *Convenors: Penny Smith (T), Carmelita Spittal (C) Pamela Strachan (IR)*

This program is for people 80+ who feel lonely, isolated and would enjoy an afternoon of lunch (special diets cannot be accommodated), activity and friendship. You must pre-qualify for this program. New volunteers are always welcome (especially drivers). Please call one of the centres and speak with staff for more information.

Day/Dates	Time	Fee	Location
Tuesday	11:00am - 2:00pm	\$5 per week	<b>T</b> Multipurpose 1
Wednesday	11:00am - 2:30pm	\$5 per week	<b>C</b> Auditorium
Thursday	11:00am - 2:00pm	\$5 per week	<b>IR</b> IROAC

**Get Comfortable Playing Cards** *Convenor: John Fletcher*

Need help learning the basics or a refresher? Learn to play our most popular cards and games to prepare you for our regular drop-in programs. Not including Bridge.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 4:00pm	\$1	<b>T</b> Multipurpose 1


**Guitar Club** *Convenor: Grant Foster*

Bring your guitar and jam with us—playing and singing folk, rock, oldies, pop etc. Join the fun! Performance-specific set lists will be practiced on occasion.

Day/Dates	Time	Fee	Location
Monday	2:00pm - 4:00pm	\$1	 Auditorium
Wednesday	1:30pm - 3:30pm	\$1	 Music Room 1



**Hall Walking** *Convenor: Lynda Buller, Jane Lee, and Carol Coleman*

Join this group if you enjoy walking. Everyone is welcome.

Day/Dates	Time	Fee	Location
Monday & Fridays	1:00pm - 2:00pm	\$1	 QEPOAC

**Hiking “Pathfinders Hiking Group of Oakville”** *Convenor: Brian O’Heare*

From September to June we offer drop-in hikes on the Bruce Trail, conservation areas, town and lakefront trails. We meet at times and locations listed below and carpool to the trail head. Hikes vary in length, duration and difficulty. Please refer to <http://oakvillepathfinders.blogspot.ca/> or email [pathfinders1992@gmail.com](mailto:pathfinders1992@gmail.com) or ask the Colborne Centre for more detailed information. Hikers must sign up with the designated leader at least two days before the hike. All regular hikes end June 27.

Day/Dates	Time	Fee	Location
Monday*	7:45am	\$4 -12	 Parking Lot or Trailhead
Monday*	8:45am	\$4	 Parking Lot or Trailhead
Thursday*	8:15am	\$4	 Parking Lot or Trailhead
Thursday*	8:45am	\$3	 Parking Lot or Trailhead
Thursday (Turtles)*	8:45am	\$1	 Parking Lot or Trailhead
Thursday Summer Hike	8:00 am	\$1	 Parking Lot or Trailhead


**Historical Discussion Group** *Convenor: Susan Carey*

Join historian Susan Carey to share your personal experiences of growing up during the war, stories of your childhood, upbringing and more. Bring artifacts, historical items and your memories to share and discuss. Ends June 26.

Day/Dates	Time	Fee	Location
Wednesday	1:00pm - 2:00pm	\$1	 Civitan Board Room


**Interlink Choir** *Convenors: Jean Barber, Catherine Ross and Brian Turnbull*

Join us for the joy of singing, building connections, and creating beautiful music in up to four-part harmony. Our choir is a welcoming community of seasoned voices that performs locally and collaborates with a school choir, bridging generations through the power of song. New members are welcome to join in September. The choir season concludes on May 6 and will resume in September.

Day/Dates	Time	Fee	Location
Monday	9:30am - 10:45am	\$1	 Auditorium
Cancelled Mar 11, 18, 25, April 1			

**Italian Conversation Club** *Convenor: Mara Azzaro*

Drop by to chat in Italian in a fun and relaxed space. Must have some knowledge of the language. This is a group to practice or refine your language skills. Ends June 25.

Day/Dates	Time	Fee	Location
Tuesday	1:30pm - 3:00pm	\$1	 Room C

**Jam Session - String Instruments** *Convenor: Liam Thompson*

Bring your guitar or ukulele for a fun sing-a-long.

Day/Dates	Time	Fee	Location
Friday	9:30am - 11:30am	\$1	 Music Room 1
Cancelled Mar 29			

**Kerr Street Singers** *Convenor: TBD*


We are a full harmony chorus of seniors who like to sing a wide variety of songs. Our repertoire covers Broadway musicals, folk songs, well-known "oldies" and newer songs. We practice weekly from September to May and present several concerts throughout the year. Regular attendance is required to perform at concerts. Whether you sing tenor, bass, alto or soprano, give us a try!

Day/Dates	Time	Fee	Location
Friday - Spring	10:30am - 12:00pm	\$1	 Pine Room
Cancelled Mar 29			




## Knitting & Sewing Group

Drop in and join the knitting group as we knit and sew for the annual bazaar all year round. Please note that there is no knitting instruction available. Drop in fees are complimentary if you are knitting for the centre, otherwise the \$1 fee applies.

Day/Dates	Time	Fee	Location
Monday	1:00pm - 3:00pm	No charge	 Room C
Cancelled April 1			


## Mah Jong Club

This group plays the Chinese version of this popular game.

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 3:00pm	\$1	 Rooms A & B

## Mexican Train Dominoes *Convenors: Ann Smithers and Heather Denison*

Join this group in discovering the fun of Mexican Train Dominoes. New players are always welcome!

Day/Dates	Time	Fee	Location
Thursday	1:00pm - 3:00pm	\$1	 QEPOAC



**Nordic Pole Walking**

Bring your poles and explore the neighbourhood with other eager walkers. Meet in the main parking lot.

Day/Dates	Time	Fee	Location
Wednesday	9:00am - 10:30am	\$1	<b>C</b> Main Parking Lot

**Oakville Parkinson Choir** *Convenor: Tom Cmajdalka*

Sing your heart out! Join the Oakville Parkinson Choir for fun, to meet interesting people and to exercise those all important throat muscles. Music experience is not required. Our repertoire includes show tunes like “Do-Re-Mi” from the Sound of Music, “The Ballad of Gilligan’s Island” from the TV series and “I’m Gonna Wash That Man Right Outa My Hair” from South Pacific.

Day/Dates	Time	Fee	Location
Friday - Spring	9:00am - 10:30am	\$1	<b>T</b> Pine Room
Cancelled Mar 29			

**NEW Oakville Quilters Guild** *Convenor: Carol Stanley*

We have been donating quilts to charities in our community since 1999 through our outreach program. We will also be making items for the Trafalgar Park Older Adults Centre Bazaar. If you would like to be a part of this group, please drop in. You can help with sewing, piecing, hand sewing labels, ironing, cutting, with curating the fabrics, etc., or just come by for a chat about quilting.

Day/Dates	Time	Fee	Location
2nd Tuesday of the month	11:00am - 3:30pm	No charge/\$1	<b>T</b> Multipurpose 3



**Pickleball** *Convenors Rudy Pfeiffer and Barry Waddick (Q), Tom Rumble (T)*

Proper footwear is required to participate. Protective eye-guards are strongly recommended.

Day/Dates	Time	Fee	Location
Mon/Tues/Thurs	10:15am - 11:45am	\$1	<b>RO</b> Room A
Mon - Thurs (Beginner)	12:00pm - 1:30pm		
Monday - Thursday	1:45pm - 3:15pm	\$1	<b>RO</b> Room A
Monday (Intermediate)	3:30pm - 5:00pm		
Tuesday	1:00pm - 3:00pm	\$1	<b>Q</b> Double Gym
Wednesday (Intermediate)	10:15am - 11:45am	\$1	<b>RO</b> Room A
Wednesday - Spring	12:30pm - 2:30pm	\$1	<b>T</b> Gym
Wednesday - Summer	10:30am - 12:30pm	\$1	<b>T</b> Gym
Friday - Spring	12:30pm - 2:30pm	\$1	<b>T</b> Gym
Friday - Summer	10:30am - 12:30pm	\$1	<b>T</b> Gym
Sunday	4:30pm - 6:30 pm	\$1	<b>T</b> Gym

Cancelled Mar 29 \*No pickleball drop-in at QEP during summer.



**Recorder Musical Group “Bronte Consort”** *Convenor: Christine Vernon*

The program ends for the season on June 26.

Day/Dates	Time	Fee	Location
Wednesdays	9:30am - 11:00am	\$1	C

**Rummikub** *Convenor: Rudy Mader*

Play this fun and easy board game, no experience necessary.

Day/Dates	Time	Fee	Location
Wednesday	1:00pm - 3:00pm	\$1	C Lounge

**Rummy: Kalooki Rummy** *Convenor: John Fletcher*

Join us to learn this fun spin on the classic rummy game. Beginners welcome.

Day/Dates	Time	Fee	Location
Fridays	1:00p.m. - 3:00p.m.	\$1	C Lounge

**Scrabble**

Bring a partner and join the fun.

Day/Dates	Time	Fee	Location
Monday	10:30am - 12:30pm	\$1	T Lounge

Cancelled Apr 1, May 20, Aug 5

**Snooker** *Convenors: Stan Gajewski(C), Larry Davies (Q)*

Day/Dates	Time	Fee	Location
Monday – Friday	8:30am - 4:30pm	\$1	<b>C</b> Snooker Room
Tuesday	4:30pm - 9:00pm	\$1	<b>C</b> Snooker Room
Monday - Thursday	9:30am - 3:00pm	\$1	<b>Q</b> Youth Room
Saturday - Summer	9:00am - noon	\$1	<b>Q</b> Youth Room

Cancelled Mar 12 (evening), April 1, May 20, July 1, August 5

**Social Dancing Club** *Convenors: Joanne Pritchard and Glen Skuce*

50+ love to dance? Join us for an enjoyable and lively time of ballroom and line dancing. Singles and couples welcome. Program subject to room availability. Pre-registration is suggested.


Day/Dates	Time	Fee	Location
Thursday	7:00pm - 9:00pm	\$1	<b>Q</b> Multipurpose 1&2
2nd Tuesday	7:00pm - 9:00pm	\$1	<b>C</b> Auditorium

Cancelled Mar 12 (C)



**South Asian Conversation Club** *Convenors: Hycinth Gomez and Jasvinder Manku*

Discover top South Asian languages, chat with friendly faces, and make new friends. Engage in delightful conversations in this fun drop-in program for seniors.

Day/Dates	Time	Fee	Location
Tuesday	1:00pm - 3:00pm	\$1	 QEPOAC

**Table Tennis** *Convenors: Gerry Zielinski, Tony Soden, Laszlo Cserti (IR), Margaret Larson (T)*

Program may be cancelled due to previously scheduled activities at Iroquois Ridge Community Centre. Check with the front desk if in doubt. For T only: Some experience necessary and please sign up with a partner to ensure play. (Monday drop-ins end June 17)

Day/Dates	Time	Fee	Location
Mon/Wed/Fri	1:30pm - 3:30pm	\$1	 Northridge Room
Tuesday	12:00pm - 2:00 pm	\$1	 Gym
Tuesday	10:30am - 12:30pm	\$1	 Gym
Thursday	12:00pm - 2:00pm	\$1	 Gym
Friday	10:30am - 12:30pm	\$1	 Room B

Cancelled Apr 1, May 20, Jul 1, Aug 5



## Tai Chi Drop-In

These sessions are for those centre members with prior Tai Chi experience. IR ends Wednesday, June 19.

Day/Dates	Time	Fee	Location
Wednesday	2:00pm - 3:30pm	\$1	 Gymnasium
Friday	3:00pm - 4:00pm	\$1	 Auditorium
Cancelled March 15, 22, 29 (C)			

## Tennis - Outdoor *Convenor: Tony Tommasone and Brian Wunsch*

Bring your racket and tennis balls and let's have some fun! Must have basic tennis skills to play. Not suitable for beginners. The courts are adjacent to the Iroquois Ridge Community Centre (Glenashton Park). Begins May 3.

Day/Dates	Time	Fee	Location
Friday	9:00am - 11:00am	\$1	TBD

## Walking Track

Come indoors and enjoy our walking track.

Day/Dates	Time	Fee	Location
Mon/Wed/Thu/Fri	8:00am - 4:30pm	\$1	 Gym
Tuesday	9:00am - 12:00pm	\$1	 Gym
Tuesday	3:00pm - 4:30pm	\$1	 Gym
Cancelled Mar 29, Apr 1, May 20, Aug 5			

### How do I Register for Drop-in Programs?

- Go to [oakville.ca](http://oakville.ca).
- Hover over online services in top navigation bar and select Recreation and Culture.
- Sign in to your new Recreation and Culture account by selecting Access my Recreation and Culture Account. Select the “Drop-in Programs” tab located on the top navigation bar to view all Drop-in Programs. Check out our Registration Help page on [oakville.ca](http://oakville.ca) for video tutorials.
- Drop-in programs are organized by activity. Select Seniors Services from the list. Use the filter options, if needed, to narrow your search.
- Once you have selected your activity type, you will see a list of options sorted by date with program name, time, location and fee. To select a drop-in program, click the “Register” button. Waitlist indicates that the activity is full. If you select Waitlist, you will be emailed if a spot opens up.
- You will need to select the family member you wish to register by checking the box next to their name and clicking “Next”.
- On this page, please ensure that the fee information is correct and click “Next”.
- When you are ready to check out, select your payment method. You can add a credit card or pay with your credit card on file. If you have a gift card, you can enter it now. Review that all information is correct and click “Place My Order”.
- Once your order is placed, you can add the drop-in program to your calendar, print your registration confirmation and more.

If you require additional assistance to register, please call 905-815-2000 and a staff member will assist you.







# Special Events

### Special Event Ticket Policy

We are so excited to have our special events selling out with waitlists! In order to be fair to our membership some special events will be exclusively for members only. Non-members are welcome to purchase a membership in order to attend.

**Please note that special events are non-refundable. If you are unable to attend an event, please speak with your Seniors Services staff member.**

**Saturday, February 24, March 23, April 27, June 1**

**Saturday Afternoon Court Whist Event  
QEPOAC 2-6 p.m.**

We are pleased to offer a once a month Saturday Afternoon Court Whist Event. The cost for each event is \$15 which includes dinner. Space is limited and tickets will be sold at the front desk of QEPCCC. Please keep watch for the upcoming posters for details of the event.

**Tuesday, February 27**

**Mudballs and Monarchs**

**Colborne Seniors Centre 1–3 p.m.**

Join Margaret to make mudballs and watch Flight of the Monarchs while you visit with friends and help increase the supply of milkweed for our winged friends.

Cost is \$5 and includes light refreshments.

Tickets on sale at the Colborne Centre January 30 and must be purchased on or before February 23.

**Wednesday, Feb 28**

**Registration opens at 7 a.m. for  
Spring programs**

A Seniors Services membership is required for all registered and drop-in seniors programs. Online methods of payment include VISA, MasterCard and American Express or credit on account.

**Tuesday, March 5**

**SWAG Presents Let's Talk About Power of Attorney and Wills**

**Colborne Centre 1–3 p.m.**

Back by popular demand Burlington Estate Lawyer, Andrea Parliament, will offer a comprehensive look at Power of Attorney (POA) and Wills in Canada and why you need them. She will review facts and considerations when appointing a POA and an Executor of your Will. Andrea will also talk about Estate Planning. Join us as Andrea outlines the facts and factors necessary when making or updating a Power of Attorney and Will. Tickets are complimentary and can be obtained by calling the Colborne Centre at 905-815-5960 or stop by the centre to pick up your ticket. Space is limited, reserve your seat early. Tickets are available as of February 5 and must be confirmed on or before March 1.

**Wednesday, March 6**

**Annual General Meeting**

**IROAC 10-11:30 am**

Join us as we serve refreshments and update the IROAC community on how our centre is doing. Listen to updates from the town and meet your Advisory Committee Members. We will also have a guest speaker Jan Richards who will talk about "The EAT-Lancet Commission on Food, Planet, Health Diet". Please contact Cassie Wilhelm if you are interested in attending.

**Thursday, March 7**  
**Colborne and QEPOAC**  
**Annual General Meeting**  
**QEPCCC Rehearsal Hall 5 p.m.**

Member support is always greatly appreciated at the annual general meetings year in review. Please plan to attend and hear all about the great things that were accomplished in 2023. Enjoy wine and cheese after the meeting. Tickets are available at Colborne or QEPOAC from February 6 until March 1. You may only vote at one location (your designated 'home' centre). Not sure where to vote, check with staff.

**Tuesday, March 12**  
**St. Patrick's Day Party**  
**QEPOAC Black Box 12:30–3:00 p.m.**

Join us for our annual St. Patrick's Day Party in the Black Box featuring entertainer Michael Kelly Cavan. A light lunch will be served along with some great entertainment. Come and enjoy this wonderful party with friends. Tickets are \$15 per person and will be available starting January 29 and must be purchased by March 7. Wear green for a chance to win a prize!

**Friday, March 15**  
**Annual General Meeting**  
**TPOAC 10 a.m.**

Enjoy a light morning snack while we review the annual report and 2023 financial statements. We are pleased to welcome Beads of Africa, a charitable project that makes jewelry and related projects from African paper beads and recycled beads to support at risk women and children in Kenya. Cathy Benbow Plewes, the founder will discuss their work with photos, and have jewelry for sale. Everyone is welcome. For more information always check our poster board in the bistro area. Complimentary event.

**Monday, March 18**  
**Balance and Fall Prevention Workshop**  
**IROAC 2-3 p.m.**

Join certified fitness instructor for seniors Leah Nicoletta as she outlines the four key components to improving balance as we age: strength, coordination, stability and flexibility. This workshop is part education and part learning simple exercises to practice at home. Cost is \$3. Tickets available on February 20 to March 17.

**Tuesday, March 26**  
**Indigenous Talks with John**  
**IROAC 4-5:30 p.m.**

Senior Services member John will be talking about Indigenous culture, social structure and history in Canada. Cost \$2. Tickets available March 5 to March 25.



**Tuesday, April 2**

**Stampin' UP! Card making**

**Colborne Centre 12:30–2:30 p.m.**

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins February 6 must be purchased by April 2. Space is limited sign up early.

**Thursday, April 4**

**Financial Scams and How to Protect Your Money**

**TPOAC 1 p.m.**

A special guest from the Ontario Securities Commission will be here to talk to you about Financial Scams and How to Protect your Money. Get information about fraud prevention and making more informed investment decisions. Learn about the warning signs of fraud and tips to protect yourself, questions to ask when working with a financial representative, and what to do if you have a problem. Tickets are \$5.00 and will include a drink and snack. Tickets are available on March 15 to April 12.

**Wednesday, April 3**

**Spring Tulips & Tea Party**

**QEPOAC 1-3 p.m.**

Let's celebrate the start of spring with tulips & a tea party. Enjoy spending a relaxing afternoon having tea with friends.

Tickets are \$8 which includes light refreshments. Tickets go on sale March 1 and must be purchased by March 28.

**Monday, April 8**

**Solar Eclipse and Monarch event**

**Colborne Centre 2-4 p.m.**

What makes this total solar eclipse truly unique is that its path closely mirrors the major migration route of the endangered Monarch Butterfly. The Monarch Butterfly Eclipse Project aims to raise awareness about the conservation of Monarch Butterflies while providing individuals a safe way to witness the awe-inspiring event of the total solar eclipse. The project offers ISO Certified solar eclipse glasses and 20% of the gross profits will be donated back to the partnering organization, while 100% of the net profit will go to The Monarch Butterfly Eclipse Foundation.

Light refreshments will be included. In case of inclement weather we will celebrate indoors and show a live feed of the eclipse. Cost \$10 includes glasses. Tickets available at Colborne Centre on February 26 and must be purchased by March 28. No late sales due to the availability of eclipse glasses.

**Monday, April 8**

**Solar Eclipse Event**

**IROAC 2-4 p.m.**

Welcome in the solar eclipse with a yoga session and refreshments. Monarch Solar Eclipse glasses will be included so you can see all of the spectacular event. Cost is \$10. Tickets available February 26 to March 28.



**Tuesday, April 9**

**Poker Fun!**

**IROAC 2-4 p.m.**

Whether you are a beginner, rusty or a pro come for a fun afternoon of poker with poker pro Desi. We will be playing for fun and not for cash. Refreshments will be served. Cost is \$10. Tickets available March 12 to April 2.

**Wednesday, April 10, 17, 24 and May 1**

**Fit Minds**

**QEPOAC 1-2 p.m.**

Do you want to improve or maintain your cognitive health? Join us for a free four week interactive session at QEPOAC. The dates are April 10, 17, 24, and May 1 with a special optional graduation ceremony on May 8 at Chartwell Retirement Home. Please call Jolaine Montgomery at (905) 815-5979, ext. 4674 to reserve your free spot. Spaces are limited.

**Tuesday, April 16**

**Oakville Public Library 50+ Guest Speaker Series: Service Canada**

**Iroquois Ridge Library 1 p.m.**

Service Canada will provide a presentation about Canada's public pensions. Learn about the Canada Pension Plan and the various benefits such as the Retirement pension, CPP Disability and death and survivors' benefits. As well, provisions such as credit splitting, pension sharing, and the child rearing provisions will be discussed. Have your questions answered about eligibility and entitlement for Old Age Security and its various programs such as the Guaranteed Income Supplement and Allowance for the Survivor. FREE. Please register in advance with Cassie.

**Tuesday, April 23**

**Tea and Talk: Osteopathy**

**IROAC 12:30 p.m.**

Enjoy a TEA-riffic time learning about the Osteopath field and experience optional hands-on treatments with Carla. Tickets are \$7 and available March 26 to April 22.

**Tuesday, April 30**

**Senior's Information Fair**

**QEP Rehearsal Hall 9 a.m.–noon.**

Connect with community resources and business vendors at QEP Seniors Information Fair. Community organizations will be on site for you to ask questions and gather information about services tailored to seniors needs. Strengthen your social network and discover a community that cares. This is free to everyone. Mark your calendars today!

**Thursday, May 2**

**Trivia Day**

**TPOAC 1 p.m.**

Do you enjoy games like Trivial Pursuits? Jeopardy? If you are a fan of trivia or facts (well-known or just for fun) then this is the event for you? Enjoy trivia while socializing with tea, coffee, and a snack. Tickets are \$5.00 and available April 18 to April 26.



**Tuesday, May 7**

**Interlink Choir Spring Concert**

**Colborne Centre 1-3p.m.**

Enjoy the sweet sounds of spring with the talented Interlink choir members. Light refreshments will be included. Tickets are \$5 and are available at the Colborne Centre beginning April 8 and must be purchased before May 10.

**Wednesday, May 8**

**Artful with Chartwell**

**IROAC 1 p.m.**

Artful Enrichment is an art program geared towards older adults that inspires creative expression, social connectivity and lifelong learning. It provides opportunities for meaningful social engagement connecting participants with other community members through a shared experience. Cost FREE. Space is limited.



**Thursday, May 9**

**Boots & Hearts Volunteer**

**Appreciation Shindig**

**OE Banquet Hall 2245 Speers Road**

**4:30-7:30 p.m.**

Join us for a plaid shirt, cowboy boot, denim-wearing good time at the Boots and Hearts Shindig celebrating Oakville's Seniors Services volunteers. With vast HEARTS that embody the spirit of generosity and selfless giving and with your BOOTS firmly planted in our centres you leave footprints of impact on the lives of our members. Let us celebrate you and your incredible contribution this past year.

If you volunteered your time in 2023 please get a Boots and Hearts Shindig ticket at the centre you frequent most. The event will feature a live band and special entertainment, a country buffet dinner and, of course dancing. Wear your jeans or cowboy boots, a ten gallon hat or that flashy belt buckle. The more county the better! Not sure what to wear? Just think what would Dolly do?!

**Wednesday, May 15**

**Abstract Watercolour Cards**

**& Bookmark Workshop**

**QEPOAC 1-3 p.m.**

Learn with local artist Mary Clare Moore how to make abstract watercolour cards and bookmarks by using a variety of salts. For example, sea salt, kosher and Himalayan salts. Workshop includes some stamping, sponging, salts and metallic ribbons for breathtaking and exciting results. Some watercolour experience beneficial but not necessary. Limited spots available. Tickets are \$15 and will be available starting April 2.

**Friday, May 24 & 25**

**The Showcase Cabaret**

**Come to the Cabaret and Travel Around the World in 80 Minutes!**

**QEP Black Box 3 p.m.**

The Showcase Cabaret is coming to entertain you at QEP's black box theatre.

More details to come on posters and our website:

<https://oakvilleshowcase.ca> We still have spots

open for performers – dancers, singer, musicians, comedians and more! For more info and audition times. Please contact Johanna at:

[1cabaret2024@gmail.com](mailto:1cabaret2024@gmail.com)

**Saturday, May 25**

**OUTDOOR Garage Sale**

**Colborne 9 a.m.-12 p.m.**

Colborne's first ever outdoor community garage sale will be the place to be! Members are welcome to purchase a parking space to sell your goods and treasures. Spots are limited to members on a first-come, first-served basis beginning April 22. If spots remain non-members can book a spot after May 6.

Sellers must bring their own table(s) and all items at the sale must be removed by the seller at the end of the event. A detailed description of the event will be available at the Colborne Centre if you have any questions.

Rain date is May 26.

Cost \$20 per car. Two parking spots will be allocated, one for your car and one for your table to display your items for sale.

**Tuesday, May 28**

**Raising Monarchs 101**

**Colborne 1-3 p.m.**

Have you ever helped Margaret raise a caterpillar or watch a chrysalis become a monarch...or wanted to? Now is your chance to learn how to experience the thrill of hunting for eggs, nurturing a caterpillar and watching a chrysalis form step by step. Margaret will be sharing her tips and tricks for finding eggs, feeding the caterpillars, planting milkweed and creating safe containers for your precious cargo. Tickets are \$5 and will include light refreshments. Tickets are available at the Colborne Centre beginning April 30 and must be purchased by May 24.

**Monday, June 3, 10, 17 and 24**

**Fit Minds with Chartwell**

**IROAC 1-2 p.m.**

Do you want to improve or maintain your cognitive health. Join this FREE four-week session. Optional Grad Ceremony will be held at Chartwell after completion.

To register, call Cassie Wilhelm at 905-815-6601, ext. 3498 or email at [cassandra.wilhelm@oakville.ca](mailto:cassandra.wilhelm@oakville.ca)

**Tuesday, June 4**

**Oakville Public Library 50+ Guest Speaker**

**Series: Magnificent Monarchs**

**Iroquois Ridge Library 1 p.m.**

"Magnificent Monarchs" is a PowerPoint presentation of one of the world's most beloved butterflies. Margaret Larson, a monarch conservationist, will talk about their life cycle and other fun facts as she encourages you to become involved in a variety of ways with this endangered species.

Cost: FREE

**Tuesday, June 4th**  
**Summer Blast BBQ**  
**ROMAC 11 a.m.-2 p.m.**

Start the Summer off with a Blast! Join us at River Oaks for a Summer BBQ with friends old and new and some delicious food. If you haven't visited the ROMAC centre now is the chance to get acquainted. If you are a seasoned member and haven't been back in a while come on over. Tickets are \$10 and include your BBQ meal and refreshments and are available at ROMAC beginning May 13 and must be purchased before May 31.

**Tuesday, June 4**  
**Stampin' UP! Card making**  
**Colborne Centre 1-3 p.m.**

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins April 2 must be purchased by May 31. Space is limited sign up early.

**Wednesday, June 5**  
**Registration opens at 7 a.m.**  
**for summer programs.**

A Seniors Services membership is required for all registered and drop-in programs. Online methods of payment include VISA, MasterCard and American Express or credit on account.

**Thursday, June 13**  
**Spring Butterfly Event**  
**TPOAC 1 p.m.**

Join Oakville's Monarch butterfly conservationist, Margaret Larson, in an insightful and educational talk about the monarch butterfly's life and migration. Light refreshments included. Tickets are \$5 and available May 2 to June 7.

**Tuesday, June 18**  
**Strawberry Social**  
**IROAC 1 p.m.**

Enjoy fresh Ontario strawberries on a beautiful summers' day! Come join us for some strawberry shortcake and BINGO. Cost is \$7. Tickets available May 21 to June 13.

**Thursday, June 20**  
**BBQ and Movie**  
**TPOAC 12:30 p.m.**

Enjoy a delicious BBQ lunch with a movie. Includes a burger or hot dog, fixings, side, and a drink. Cost is \$8. Movie title will be posted a week before tickets go on sale. Tickets are available May 2 to June 12.





**Thursday, June 20**

**Yes, You Can Build Strong Bones After 50 with Leah**

**IROAC 1 p.m.**

Did you know that bone loss accelerates after the age of 50? Whether you're newly diagnosed with osteopenia or have been living with osteoporosis for decades this workshop focuses on a whole-body approach to building stronger bones at any age. Taught by certified fitness instructor for Senior Services and Holistic Nutritionist Leah Nicoletta. Cost is \$3. Tickets available May 23 to June 18.

**Tuesday, June 25**

**Strawberry Social on the Patio**

**Colborne Centre 1-3 p.m.**

Join the Fiddlestix Trio for an afternoon of amazing music on the grounds of the Colborne Centre. Treat your tastebuds to local strawberries, pound cake, homemade whipped cream and lemonade. Tickets are \$15 and will be available May 27 and must be purchased by June 21. This event is for members-only.

**Tuesday, July 16**

**Summer BBQ on the Patio**

**Colborne noon-1:30 p.m.**

Grab a picnic table and your BBQ goodies and enjoy the weather and the company of friends. Includes hotdog or burger (veggie burger available if pre-ordered) fixin's, chips, cold drink and sweet treat. Tickets are \$8 and must be pre-purchased between June 10 and July 12. **Event will take place indoors in case of inclement weather.**

**Wednesday, July 31**

**Ridge Summer Social**

**IROAC 10 a.m.-noon**

Iced coffee, iced tea and light refreshments with entertainment. Cost is \$12. Tickets available July 3 to July 29.



**Tuesday, August 6**

**Stampin' UP! Card making**

**Colborne Centre 1–3 p.m.**

Join Jennifer for an afternoon of rubber stamping. Beginners and seasoned stampers are welcome. Cost is \$15 and includes all materials. Sign up begins June 4 must be purchased by August 2. Space is limited sign up early.

**Wednesday, August 14**

**Summer BBQ on the Patio**

**Colborne noon–1:30 p.m.**

Grab a picnic table and your BBQ goodies and enjoy the weather and the company of friends. Includes hotdog or burger (veggie burger available if pre-ordered) fixin's, chips, cold drink and sweet treat. Tickets are \$8 and must be pre-purchased between July 15 and Aug 9. **Event will take place indoors in case of inclement weather.**

**Tuesday, September 3 to September 10**

**Senior's Services Fall Open Houses**

**Coming to a Centre Near You!**

More details to follow.

**Thursday, September 5**

**BBQ and Movie**

**TPOAC 12:30 p.m.**

Enjoy a delicious BBQ lunch with a movie. Includes a burger or hot dog, fixings, side, and a drink. Movie title will be posted a week before tickets go on sale. Tickets are \$8 and available June 20 to August 21.





# Seniors Services News

# Trafalgar Park News

## Welcome to TPOAC

This past year has been a wonderful year of growth. We have been able to catch up with regular members and welcome new members. We are so grateful for all the people who have chosen to spend time at TPOAC this past year.

In November, we had our annual art show, which was a huge success! Some of the artists from our watercolours program now have their art displayed in Multipurpose Room 2 until November 2024. Thank you to all of our artists for sharing your beautiful work, and to our instructor, Frances Tyrrell, for making this happen!



## Christmas Market

Also, in November we had our very popular Christmas Market. Our amazing craft members created one of a kind items, baked goods, and helped organize all donated treasures to sell at this event. Thank you to everyone who donated items and to all of our volunteers!

## Christmas Concert

In December, the Kerr Street Singers performed a Christmas Concert, and everyone enjoyed their beautiful voices and sang along. Thank you to the Kerr Street Singers for getting everyone into the Christmas Spirit!



# Trafalgar Park News

## New Spring Program - Chair Zumba

If you like to dance you'll love Chair Zumba. It allows for a safe and effective total body workout that will nourish your mind, body and soul.

## Christmas Party

We finished off 2023 with a bang at our Christmas Celebration for members only! We had our guest visitor... Santa, who brought a huge smile and treats for everyone. We had a lovely, hot lunch and great entertainment from Kelly Davis. Thank you to all of our members and staff for another successful holiday season.



## Volunteers

From time to time we may need volunteers for our:

- Bistro
- Friendship Luncheon Program
- Special Events

Please complete a volunteer application form at our front desk and we will get back to you when volunteer opportunities open up.

## Suggestions

We will continue to have a suggestion box available in the seniors centre at Trafalgar Park. It is located in the Older Adults Member Lounge, behind the door. Please feel free to suggest programs, activities or special events that you would like to see, or anything else that comes to mind so we can continue to grow in this space.

## Special Events

Would you like to get advice from a professional on how to protect your money and yourself from scams? Come and join us on April 18 at 1p.m. for a talk with Chris Allum. Or would you enjoy learning about butterflies with Margaret Larson on June 13 at 1 p.m.? Please come and check out all of the events over the next two seasons. See our special events page to read more about our trivia day, and our BBQ and movies.

Just a small reminder for everyone to keep checking our bulletin board for information on volunteering or being a model for our fall fashion show as it will be coming back bigger and better than ever!

# Colborne News

## Without Walls (WOW) and Phone a Friend (PAF) Reunion

This summer we celebrated our Phone a Friend initiative and the Without Walls program. At the onset of the pandemic, staff undertook an outreach program to support our isolated friends and members. It took three years but we finally got everyone under the same roof. The celebration was incredible with members and community who had never met face to face all in the same space at the same time. It was joyous and beautiful to see the faces that belong to the voices we got to know so well. We shared stories, made connections, danced to Martin Francisco and of course enjoyed sweets and treats. We are so thankful for the PAF and WOW community that continues to grow and support one another.



## Housing Symposium

Seniors Working Action Group (SWAG) and the Policy Review committee held a very successful Housing Symposium and Information Fair in late October. The response was amazing with over 35 vendors and nine guest speakers sharing their knowledge on the challenges, opportunities and considerations for seniors when seeking housing, changing living situations or supporting a loved one through a transition. With over 300 guests through the door our team was incredibly proud of the work that went into the event. Thank you to everyone who supported the housing fair. Thank you to the team for all your hard work and effort.



# Colborne News

## Christmas at Colborne Craft Sale

Bigger and better than ever is how we would describe our annual Christmas sale. Thank you to the ladies and gents who made our incredible event another smash success. The bazaar raised nearly \$9000 for the centre in a mere 3 hours and the smiles, laughter, full shopping bags and over 19 dozen scones that the café made were evidence of an amazing day. Thank you for making, crafting, knitting, baking, wrapping, shopping and attending the Christmas at Colborne Craft Sale.



## Colborne Centre Renovations

Big changes are coming March 2024. The Operations Committee in conjunction with our hard-working volunteer team have decided to refresh the well-used and much loved café. The plan is that the café will be closed from March 11 to April 5, reopening on April 8. We appreciate your support and patience as we deal with dust, noise and contractors in our space. Please watch the centre for updates and more details as we get closer to March. In addition the auditorium will be closed for floor replacements from March 11 to March 29. Programs and activities may be cancelled or relocated as possible. Thank you for your patience and understanding.



# Colborne News

## Poppy Project

We couldn't be prouder of the Poppy Project display at the centre. If you were fortunate enough to visit the centre between October 13 and November 12 you would have seen over 750 handmade poppies on display in the curved wall and along the window wall in the lounge. The impact these beautiful creations and the kindness and skill of our knitter/crocheters were far reaching. Thank you to the Royal Canadian Legion for permitting our display and to Margaret Larson for her work orchestrating the project, creating the poppy strings and beautifully displaying the memorial to our soldiers. We are proud to share that we plan to display them every year to honour and support our members who fight or fought for our freedom. #lestweforget



## Art Show

Culture Days is a national celebration of arts and culture. Every fall all across Canada, Culture Days programs invite the public to get hands-on and behind-the-scenes to highlight the importance of arts and culture in our communities. To celebrate Culture Days, the auditorium at the Colborne Centre was turned into a brilliant art gallery with over 35 vendors from our centres displaying their works of art. Thank you to those that browsed, displayed and shopped with us. Look for the 2024 date to be announced in the coming months.

## Kindness Counts

The centre is a place of welcome and acceptance and we encourage you to remember that friends and members may need your kindness and patience. As a vibrant senior community with an age range of 50 to 100+ members may be experiencing changes to their health or ability. Inclusion is a choice we can make every day. Perhaps you can imagine a family member or friend who has experienced vision changes, hearing loss, memory challenges, the loss of a spouse or serious health condition. Would you find yourself giving them extra care and attention? Could you find in yourself more patience for a repeated question? Would you offer them a hand with something they need? I hope you can find that same patience and kindness for our members whether it is while playing cards, speaking to a volunteer or participating in a program. The Colborne Centre is such a special place and I would ask you to remember that everyone is welcome here and that if you were the one in need how would you want to be treated? Sometimes it takes only one act of kindness and caring to change a person's life.



# Ridge News

Iroquois Ridge Older Adult Centre members, thank you for another amazing year! You are all great contributors to this community!

## What is new at the Ridge?

New Board Games Drop in on Tuesdays from 5:30 to 7 p.m. for those seniors still working, watching grandkids or volunteering during the day.

Oakville Public Library 50+ Guest Speaker Series will start this April at the Iroquois Branch! Oakville Public Library and Town of Oakville Senior Services have partnered to bring you speakers from Service Canada and Monarch conservationist Margaret Larson. Check out the Special events page for more details about these free events!

Watercolours-Level 1 will be starting this spring at Iroquois Ridge, with artist and retired elementary school teacher, Bernice McCutcheon. This six-week program will give you the basics of watercolours.

New Line Dancing instructor Mark Offer will be joining the Iroquois team! He will be teaching Line Dancing-Level 1 so grab your dancing shoes and join us.

## AGM

Our Annual General Meeting will be happening on March 6 at 10 a.m. We will give updates on Iroquois Ridge Older Adult Centre, give you a chance to meet our Advisory Committee and have guest speaker and Senior Service Member, Jan Richards, talk about the "The EAT-Lancet Commission on Food, Planet, Health Diet". Please contact Cassie if you are interested in attending.

## Hidden Treasures Bazaar

We hosted our Bazaar on December 2. Thank you to all of those who came to support us this year! The event was a great community builder and was full of Christmas Cheer! We made over \$3000 for the Older Adult Centre here

at Iroquois Ridge. Congratulations to all our volunteers and Bazaar Committee Members!

## Oakville Food Share Donation

Iroquois Ridge Older Adult Centre donated \$1220 to Food Share from the proceeds of the Bazaar and tickets sold at our Christmas Social.

## Indigenous Talk

This fall, John Fletcher guided us through Indigenous Culture and Social issues. We have learned about smudging, sweet grass, spirit animals, tobacco and more through a visual, auditory, and tactile experience. Our final talk at Iroquois will be diving into the social issues and systemic problems facing the Indigenous community on March 26 from 4 to 5:30 p.m.

## Volunteers

**VOLUNTEERS NEEDED!** We need café volunteers with afternoon and morning shifts available. We also have openings for driving volunteers for our Friendship Luncheon program on Thursdays. Special Events Committee is looking for some creative minds to help in our upcoming events with a commitment that will average about two days a month. All helping hands are welcome!

"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi

## Ideas and Contact

Ideas are always welcome here at The Ridge! If you would like to inquire about IROAC please feel free to contact Cassie Wilhelm at, [Cassandra.wilhelm@oakville.ca](mailto:Cassandra.wilhelm@oakville.ca) or 905-845-6011, ext. 3498.



# ROMAC News

Thank you to all our ROMAC members for coming out and participating in all the programs being offered at River Oaks Community Centre. Our numbers continue to grow and everyone has been working hard to make it the place to be. The programs we added in the fall are slowly increasing in popularity.

Chair Yoga – Fridays, 9:30-10:30 am

Table Tennis – Fridays, 10:30-12:30 pm

Euchre – Fridays, 1:00-4:00 pm

## What is new at River Oaks?

We are keeping the momentum going and have added two NEW fitness programs for the spring session. Join us at River Oaks to stay active this Spring.

Circuit Fit 50+ - Mondays, 11:30 a.m.-12:30 p.m.

Cycle & Strength – Thursdays, 12-1:00 p.m.

## Volunteers Wanted

We are always looking for volunteers. There are many volunteer opportunities available within our programs or facilities, including:

- Committee Volunteers
- Drop-In Convenors

## Ideas and Contact

We are always looking for new ideas for programs and events. If you have any ideas for programs to add or things to improve, please contact Bob at [bob.pawliw@oakville.ca](mailto:bob.pawliw@oakville.ca), Jacy at [jacy.thibeault@oakville.ca](mailto:jacy.thibeault@oakville.ca) or call 905-338-4186.



# QEP News

We are excited to welcome Nicola Taccone-Witczak as the new Recreation Coordinator at QEPCCC! Nicola came to this role at the end of October and has been learning about all the great Senior Services programs at QEPCCC and across the Town as a whole.

Nicola brings a great deal of knowledge and experience to the role. While completing her masters degree, Nicola worked with the Senior Fit program at the Brock Niagara Centre for Health and Wellbeing where she created personalized fitness programs for seniors, supported seniors one-on-one in completing their exercise routine, and made modifications to programs based on individual need. While in this role, Nicola created programs for individuals recovering from a stroke, living with Parkinson's disease, and building range of motion following surgery. Welcome Nicola!



## DVD Lecture Series

The Great Tours–The Middle Ages around the World. The drop-in is every Tuesday morning from 10-11:30 a.m. We would love to have you join in this world adventure! The drop in starts Tuesday, February 20-May 7.

## Hall Walking Drop-In

We now have the Hall walking drop-in on Mondays & Fridays from 1-2 p.m. Enjoy a walk and chat with new friends.

## Senior's Information Fair

Connect with community resources and business vendors at QEP Seniors Information Fair on Tuesday, April 30 from 9 a.m. to noon. Community organizations will be on site for you to ask questions and gather information about services tailored to seniors needs. Strengthen your social network and discover a community that cares. This is free to everyone. Mark your calendars today!

## Tickets for Special Events

Just a reminder that if you are buying a ticket for an event, they will be sold at the front desk at QEPCCC during the hours they are open.





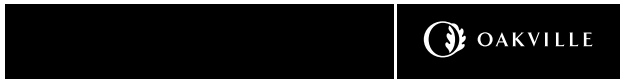
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\$52.29 for non-residents.



In partnership with the Oakville Hospital, this class is also suitable for those with oxygen tanks and walking aids.

Official COPD diagnosis is not required to participate.

Pre-registration is not required.

For more information, please call 905-815-5950



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# Peripheral Neuropathy Breakthrough

**"My feet feel like they're on fire."  
"Each step feels like I'm walking through wet paint."  
"I live in constant fear that I'll fall."  
"I can't sleep, my hands and feet tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 30 million people in North America have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Katrina Dollano, Acupuncturist and Chinese Medicine Practitioner at What's Good - Wellness by Design in Oakville shares this belief. "I've been treating neuropathy, in all its various forms, for over a decade and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my talks or read the story of another patient and say to themselves, 'hey, I feel the same thing'."

Like Dorothy of Bronte, Oakville's story. Dorothy's husband had to drive her to her consultation, during which she shared how she saw a woman jogging through the clinic's neighbourhood. She felt so envious and just kept thinking about how she would give anything to walk freely again. Her family doctor had told her that her troubles with pain and balance were just symptoms of old age and gave her a prescription. She was so depressed.

Fortunately, Dorothy would eventually see Katrina giving a talk at the Oakpark Neighbourhood Centre about similar symptoms and how she offers a real solution at What's Good. Dorothy knew she just had to come see what the clinic could do for her, it was her last hope.

**"Almost all of our patients come to us with a story similar to Dorothy's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older'." shares Rayna, a Patient Care Technician at What's Good. "It just breaks my heart but I know how much we can help people like Dorothy so I'm always so happy when they walk through our door."**

Western medicine declares that there is no solution while most alternative therapies carry large price tags that offer little to no resolve. Which is why Katrina and the staff at What's Good pride themselves on being 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing, shares Katrina. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Katrina able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I include integrative medicine technologies to our treatments. They expedite recovering and healing."

**Today, Dorothy can't say enough good things about What's Good. She and her husband moved to Bronte over five years ago and while he walked down by the lake everyday, Dorothy used to stay home because of her pain and discomfort. Just this week she walked down to the marina with him. And next week they have their first pickle ball tournament! Dorothy is finally living**

**life and getting to enjoy her retirement!**

"According to Dorothy's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Rayna. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Katrina has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred", tells the practitioner. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my Medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins and needles', or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

For a limited time initial consultations are being offered for \$47. Call (905) 845-5775 to schedule. Visit [WhatsGoodWellness.ca](http://WhatsGoodWellness.ca) to read more incredible success stories.





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